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THE PRACTICE OF SOMAPATHY

ITS PRACTICAL APPLICATION
TO THE VARIOUS DISEASES OF
THE HUMAN BODY

BY

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Genuine Osteopathy, The Osteopathic Truth, The Successful
Promotion of Osteopathy, and Grave Danger in Osteopathic
Treatment as Often Given.

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By Charles H. Murray

PREFACE

When a person does a good thing he does not need to apologize for doing it, so the author offers no apology for adding to the long list of books devoted to therapeutics. There has been no crying need for this book, nor is it published to fill a long-felt want, but as it becomes better known it will be acknowledged that the science it promulgates is a boon to suffering humanity. Somopathy is destined very largely to replace all other forms of manipulative procedure on account of its simplicity and effectiveness in alleviating human ills. Its claims will be quickly recognized by all progressive therapists.

For a number of years, when the regular osteopathic treatment failed to give relief, I have successfully applied the Somopathic treatment. This was so easily given and so generally satisfactory that it has gradually taken the place of the osteopathic treatments in caring for the severe cases encountered in my practice. It has proven especially effective in many chronic diseases where other forms of

treatment failed to give relief. For some kinds of pain often met with in acute cases, it affords quicker relief than the strongest sedative drugs.

This treatment will be found to be very well adapted to chronic cases where all other forms of treatment fail to make much of an impression in restoring to health. In ordinary practice it will be found to yield such quick results that both practitioner and patient will be delighted. Somopathy is much simpler than any other kind of manipulative treatment, and as you apply it you may confidently expect the very best of results.

Elgin, Ill., August, 1913.

Chas. H. Murray.

SOMAPATHY

DEFINITION

Somapathy is from the Greek; *soma* meaning body, and *pathos* meaning suffering, the whole word meaning, literally, body suffering. This is to be distinguished from osteopathy, meaning bone suffering; allopathy, meaning other suffering; or homeopathy, meaning like suffering. A doctor of osteopathy is a doctor of bone suffering, while a doctor of Somopathy is a doctor of body suffering.

Somapathy owes a great deal to osteopathy and gives to her full credit for teaching the value of spinal inhibition and spinal stimulation, but Somopathy offers a better method and technique in obtaining these two important therapeutic factors, and by these methods secures them for a greater length of time. The technique is so simple that it can easily be applied by those who simply follow plain directions.

PRINCIPLES

The object to be attained in treating human ills according to this science are as follows: (1) To remove all muscular contractions, (2) to stimulate spinal and other nerve centers, (3) to inhibit spinal and other nerve centers, (4) to relieve anemia and hyperemia of the spinal cord. This conclusion has been formed after giving over thirty thousand treatments and carefully noting their effects on hundreds of patients.

The treatment may be given, securing the best of results, without any of the dangers accompanying most manipulative methods of procedure. Leading osteopaths no longer claim that misplaced vertebrae are a cause of disease, but very many in that profession still cling to the old idea of "bone out of position," and much harm often follows their crude attempts at adjustment.

But osteopathy, when practiced in an up-to-date manner, by careful operators of sound judgment, has been a wonderful factor in giving relief to suffering humanity. The practitioners of this school have been pioneers in the discovery of excellent methods and have given to the world much of value in the therapeutic field.

In the practice of osteopathy, when we wish to relieve pain or quiet an organ which is doing an

excessive amount of overwork, we inhibit certain nerve centers, usually in the spine. This is most often accomplished by some form of treatment, generally pressure, applied as near as possible to the nerve center, in the spine, of the organ in question. In case we desire to lessen the number of nerve impulses passing from any section of the cord to any given organs, we hold the spine with a strong grip, partially lifting the body, as in figure 1. Or we may place a book under the spine, requesting the patient to rest heavily upon it, as in figure 2. We will say, in passing, that both of these treatments are for the same purpose as applied at this point of the spine, and are for the purpose of quieting the peristaltic action of the bowels in cases of excessive diarrhea. When we wish to quiet the action of the heart we apply steady pressure at the third and fourth dorsal vertebræ, as in figure 3.

When we wish to stimulate nerve centers and thus increase the action of certain organs or functions we deliver a series of thrusts over the spine, as in figure 13.

WHERE OSTEOPATHY FAILS

While we believe that the osteopathic treatment, when properly applied, is a good treatment in many

ailments, it has certain limitations and disadvantages. One difficulty is that when we wish to inhibit we often stimulate, as we fail to gauge the proper amount of pressure to use. If we are successful in accomplishing what we wish the effect may last but a short time. And then, sometimes, a reaction sets up which is the very opposite of what we secured for a time. Very often we need the effect to last much longer than it does in order to produce the desired effect in treating some organs or functions.

ANOTHER CAUSE OF DISEASE

Many diseases or adverse conditions are due either to an anemia or hyperemia of the spinal cord. In anemia of the spinal cord the cord fails to receive its proper amount of nourishment and therefore nerve impulses sent out from that portion of the spinal cord are abnormal. Consequently the functions of all organs which receive their nerve supply from this section of the spinal cord will be impaired. In hyperemia of the spinal cord a condition of venous stagnation often exists, which acts as a poison and impairs the nerve impulses both in a mechanical and a chemical manner.

To correct this abnormal circulation of the cord and to apply stimulation or inhibition to it is the

purpose of the directions set forth in the following pages. We may thus quickly and permanently gain an improvement in many acute diseases, and just as surely, but more slowly, gain the mastery over many chronic ailments.

THE LOCATION OF NERVE CENTERS

It will be well to locate the various nerve centers in the spinal cord from which nerves arise which control certain organs and functions. We should be well acquainted with their location, so that specific treatments may be applied. Where specific treatment is indicated the case will respond more quickly when the treatment is applied there and at no other point. Those who treat the human body in combating diseased conditions, especially when such treatment is given by manipulation, know the location of these centers and use them very effectively in eradicating the various diseases.

As these centers are spoken of and take their names from the vertebræ of the spine they are nearest, it is best to know the location of the different vertebræ. The spine is formed of thirty-three vertebræ. Seven of these are in the cervical or neck region; twelve are in the dorsal region, which occupy the space from the lower part of the neck to where the small of the back begins. Five are in the small

of the back, or lumbar region, while five are in the sacral region, the flat bone near the end of the spine. The last four are in the coccygeal, which is the coccyx. These last nine vertebræ unite in the adult and form two bones. The coccyx occupies the very end of the spine and has no definite nerve centers, as the cord does not extend below the second lumbar vertebra. However, we treat over the lower lumbar region and the sacrum on account of the tail of the spinal cord, called cauda equina, being located there. So, beginning at the base of the skull, we have the cervical, dorsal, lumbar, sacral and coccygeal regions of the spine.

THE VERTEBRÆ LOCATED

To locate these vertebræ readily we remember that the first vertebra, of which we can feel the spinous process, is the second cervical vertebra, sometimes called the axis. The seventh cervical vertebra is called the vertebra prominens, on account of its spinous process protruding so prominently, as it does, at the base of the neck. The third dorsal vertebra is on a level with the inner angle of the scapula. The seventh dorsal vertebra is on a level with the lower angle of the scapula. The twelfth dorsal vertebra is on a level with the twelfth rib. The fourth lumbar vertebra is on a level with

the high part of the crest of the ilium. These above points may be taken or used as landmarks and the positions of the other vertebræ may be determined by counting the intervening spinous processes from above downward.

WHERE TO TREAT SPECIFICALLY

The spinal centers, which affect certain parts of the body and their functions, as named by the different vertebræ, follow:

Adrenal Bodies.—Ninth dorsal.

Anus.—Sacrum.

Arms.—First cervical to the second dorsal.

Bladder.—Sacrum.

Bowels.—Ninth to the eleventh dorsal.

Ears.—First to the fourth cervical.

Eyes.—Second cervical to third dorsal.

Fevers.—Suboccipital fossæ to the fourth cervical.

Gall Bladder.—Ninth dorsal.

Genitals.—Second lumbar to the end of spine.

Heart.—First cervical to fifth dorsal.

Intestines.—Fourth dorsal to the second lumbar.

Kidneys.—Ninth to the twelfth dorsal.

Larynx.—First to the third cervical.

Legs.—Eleventh dorsal to the second lumbar.

Liver.—Seventh to the tenth dorsal.

Lungs.—First cervical to the eighth dorsal.

Micturition (Urinating).—Second lumbar.

Ovaries.—Ninth dorsal to second lumbar.

Pancreas.—Eighth dorsal.

Rectum.—Lower lumbar region.

Spleen.—Eighth to the twelfth dorsal.

Stomach.—Fourth to the tenth dorsal.

Throat.—Second cervical to the third dorsal.

Tonsils.—First to the fifth cervical.

Testicles.—Eleventh dorsal, also the third lumbar.

Uterus.—Second lumbar to the end of the spine.

TECHNIQUE

This part, as set forth in this book, will consist of massage as a preparatory treatment, for the purpose of loosening muscles as an osteopath or masseur does. These massage treatments will first be illustrated by original photographs and followed by a few pages of explanations of the massage. Afterwards will be placed the technique of the use of heat and cold as it is employed in Somopathy.

Massage has been employed for thousands of years in alleviating human ills. In all ages, among all peoples, its beneficial effects have been known. It stimulates the nerves, promotes circulation and assists elimination. Massage makes an excellent preparatory treatment and the application of the

heat and cold continues the curative effects started by the massage. When the treatment is given as directed it will be found much more effective than any manual treatment known.

Figure 1



Figure 2



Figure 3





Figure 4



Figure 5



Figure 6



Figure 7



Figure 8



Figure 9

Figure 10





Figure 11



Figure 12



Figure 13



Figure 14



Figure 15

Figure 16





Figure 17

Figure 18





Figure 19



Figure 20



Figure 21



Figure 22



Figure 23



Figure 24



Figure 25

EXPLANATIONS OF ILLUSTRATIONS

No. 1. Pulling steadily on the spine for the purpose of inhibiting the nerve centers at this point.

No. 2. Steady pressure on the spine for the purpose of inhibiting the nerve centers at this point.

No. 3. Pressure here on the spine is for the purpose of inhibiting nerve centers, and through them of quieting the heart.

No. 4. The massage here is for the purpose of loosening the muscles at the back of the neck. Do not let the hand slip on the skin, but describe a half circular motion with the right hand, stretching the muscles at the side and back of the neck. The hand on the neck is also moved from place to place as you feel the muscles relax beneath it. In this manner you may relax the tissues well down on to the shoulder. The hand on the forehead rotates the head from side to side, alternately relaxing and stretching the muscles at the side and back of the neck, while the hand placed at the side of the neck stretches the muscles toward the operator with each movement of the neck.

No. 5. A circular or semi-circular movement of the hands is made here, not letting the hands slip

on the skin of the patient. The purpose is to loosen the muscles, which in many cases will be found both tense and tender.

No. 6. Massaging the tissues of the neck, not allowing your hand to slip on the skin. For the purpose of loosening muscles and promoting the circulation.

No. 7. Here the movement of the hand is semi-circular and deep, relaxing tissues but not slipping on the skin.

No. 8. Performed in the same manner as in No. 7, but more gently.

No. 9. The fingers here may be used to relax the tissues on top of the shoulders, and the thumbs those along the back at either side of the spine. You may thoroughly massage here, but do not allow the fingers to slip on the skin.

No. 10. With the palms of the fingers the operator with a semi-circular motion pulls contracted muscles away from the spine. These muscles often feel like small ropes beneath the fingers. As they relax this feeling disappears. Do not allow your fingers to slip on the skin.

No. 11. Here the operator, in massaging the mus-

cles of the back, uses a semi-circular pressing motion with the palms to relax the muscles. One hand reinforces the other. He must not allow his hands to slip on the skin. This movement is often used in connection with No. 10.

No. 12. Here the operator uses his thumbs for the purpose of further relaxing muscles. The operator may use considerable pressure as he pushes his thumbs along the sides of the spine, but never allows his thumbs to slip on the skin. He can move them from a half inch to an inch with each thrust in this manner, and in connection with other movements of massage further relaxes tightened muscles.

No. 13. See description of No. 11. In addition to the work described there the hands are in such a position they can give a downward thrust which may be made over the spine. This stimulates the nerve centers in the cord at that point.

No. 14. With one elbow on the shoulder and the other on the hip, pressure may be made with the elbows to stretch the shoulder from the hip and thus stretch the muscles of the back as the hands are free to massage the muscles. Describe a semi-circular motion and do not allow the hands to slip on the skin of the patient.

No. 15. Sometimes tissues may be loosened in the neck by making pressure on them. A good treatment for headache.

No. 16. With the patient lying on one side, the operator, with one hand in front of the hip and the other hand behind the patient's shoulder, twists the spine. This is done by pushing against the hip and pulling on the shoulder. This movement assists in loosening tightened muscles of the back.

No. 17. Massaging over the abdomen. Do not allow the hand to slip over the skin or flesh of the patient. When you massage quite deeply you call the blood to the abdominal region.

No. 18. One hand enforcing the other in massaging the abdomen.

No. 19. Using pressure over the region of the solar plexus for the purpose of stimulating it. Deep, steady pressure with a slightly circular motion, directed upward and backward, is applied here. Begin the pressure about an inch and a half below the sternum, and when you finish the hand is very near the sternum. Do not allow the hand to slip over the patient but carry the tissues with the hand.

No. 20. Lifting up the abdominal contents. Begin just above the pubic bone, or arch.

No. 21. Massaging deeply at the base of skull.

No. 22. Exerting heavy, steady pressure over the skull. Press for a minute, then relax. Repeat several times. With some patients this relieves headache; with others it causes more pain.

No. 23. Massage along the midline of the skull from the base of the nose back as far as you can while the patient is in this position. The thumbs are used in a circular pressing motion with varying degrees of pressure.

No. 24. Tapping over the eyeball. The palm of one finger is placed over the eye and tapped or percussed by the forefinger of the other hand. This stimulates the circulation of the eye.

No. 25. In giving this form of massage you let the whole hand slip on the skin from the center of the forehead down to the ears. This treatment may be repeated a number of times with varying pressure.

No. 26. These ice and hot water bags are full length spinal bags. The longer ones are twenty inches long. The short ice bag is ten inches in

length. See advertisement in back of this book. They are such bags as the author of this book uses in his practice.



Spinal Water Bottle
The Spinal Ice Bag is the same size as the above bottle but is fitted with a screw cap and a larger opening to accommodate the ice.



Pure Rubber Ice Bag



Ice Cap

The Spinal Ice Bag is fitted with a screw cap similar to this cap.

TECHNIQUE IN THE USE OF COLD

The best and simplest method which I have ever used to reduce hyperemia or to inhibit nerve impulses of any nerve center of the spinal cord is to use the ice bag on the spinal column. That the work may be effectively performed, with the best results and without danger to the patient, the technique is indicated as follows:

The ice should be well crushed, the ice bag filled, and after being placed on the patient allowed to remain until the ice melts. Then the ice may be renewed. Be certain that all the air is expelled from the bag before placing it on the patient; again expel as much air as possible from the bag fifteen minutes later. In ordinary cases the ice bag may be used for an hour at a time three times daily.

The spinal ice bags are from ten to twenty inches in length. The longer bag is for use on the entire spine and the shorter one for use on definite spinal centers. A number of these shorter ice bags should be kept on hand, for oftentimes we wish to work on only one spinal center, which we may do by having ice in only one end of the bag.

In some cases I have secured very good results where cold was indicated, by using cold water in-

stead of ice. In some places, at certain seasons of the year, ice is difficult to obtain. Cold well or spring water may then be used. If it be winter let the water stand outside in the cold, or by letting the water run for awhile in a water system it may be obtained quite cool. By changing the water often enough very good results may be obtained.

In some cases it may be better to use the cold water. So many persons are afraid of having ice used on them at first, it is difficult to secure their consent for so doing; but after they learn for themselves its good effects and know that its use is accompanied by no discomfort they gladly have the cold applied. One lady, who desired relief from severe cramping of the muscles of the legs, said she never had cold used on her before, and I doubt if she would have followed directions unless I had applied the cold myself. Of course I could have gotten results by inhibiting the lumbar region of the spine, but that would have taken some time. It would have been hard work and a little uncertain, and other troubles might have arisen later from the treatment, as she was elderly. But as it proved, the relief from the use of the cold was almost instantaneous. On another case I worked for two years before I could persuade an old lady to apply an ice bag. She was very weak and complained of

a chilly sensation nearly all the time. Her apartments were kept at from 80 to 85 degrees F. nearly all the time, and she could not understand how ice applied to the spine could benefit her condition. She took no end of drugs and then tried osteopathic treatment with very little results. But when she brought herself to try the cold spinal applications she was cured.

THE USE OF HEAT

When there is a condition of anemia of the spinal cord, or we wish for any reason to stimulate the nerve impulses from any nerve center in the cord, we use the hot water bag on the spine.

In using hot water, the hot water bag is left on the patient until the water nearly cools before it is renewed. In treating a case of asthma, where the paroxysms came on in the night, the patient was advised to use the hot water bag. It was inconvenient to do so, and she took a bag of hot salt to bed with her and the results were of the very best. And so where heat is indicated I now, in addition to the use of the hot water bag, advise the use of a hot salt or sand bag, or the use of a stone or flatiron wrapped in a cloth. Anything may be used which retains the heat and which can be applied to the spine.

DIRECTIONS FOR TREATMENT ACCORDING TO SOMAPATHY

Alphabetically Arranged

ADDISON'S DISEASE

When you are certain that this disease is present, employ the cold treatments morning and evening and the warm treatment about midday. Do not diagnose every case where the skin is pigmented as one that has this disease. Prostration is present before all other symptoms and becomes more marked as the case progresses. Remember that in cancer, tuberculosis, liver trouble, pregnancy, exophthalmic goiter, and in some brunettes a bronzed condition may be present and often is. Employ a light, nutritious diet. Some prefer a strict milk diet. A general massage treatment given every other day is recommended and will be helpful. See the third edition of "Practice of Osteopathy," by Murray. Before employing the warm treatment massage the back, as seen in figures 9, 10, 11, 12.

AESTVO AUTUMNAL FEVER**Bilious Remittent and Typho-Malarial**

This fever is to be distinguished from malarial fever because the paroxysms of fever last, on the average, more than twenty hours, whereas in malarial fever they do not last more than ten or twelve hours. It is to be distinguished from typhoid fever by the sudden rise and fall of temperature at varying intervals.

When the paroxysms of fever are present the hot water bag should be used on the upper lumbar region and the lower dorsal. Any tendency to a prolonged attack of vomiting should be met with cold applied to the dorsal region, from the fourth to the eighth vertebra. If nature wishes to throw off bilious matter from the stomach an occasional spell of vomiting will do good. Should a chill be present or imminent the ice bag should be placed on the entire spine.

AGITANS PARALYSIS**Shaking Palsy: Parkinson's Disease**

If this disease were recognized when it was taking hold of a person it could be aborted. The first appearance is in a slight muscular tremor, most

often of the forearm. The thumb and forefinger are approximated and are referred to as "the act of making a pill."

Cold should be applied to the upper dorsal and cervical regions three times per day. On alternate days it will be best to apply heat to the whole spine at the second treatment. Twice each week apply cold to the entire spine. Massage all muscles, which are contracted each day. A long course of treatment will be necessary. The patient should take exercise, but should stop before becoming tired. You may massage all muscles of the back and neck, as indicated by figures 4, 5, 9, 10, 11, 12, 13, 14.

AFTER-PAINS

These are caused by the uterus attempting to expel blood clots immediately after the birth of a child, due to the failure of the uterus properly to contract. This contraction may be hastened by massaging in the dorsal and sacral regions of the back with considerable force. See figures 10 to 14. Massage directly over the uterus, quite deeply, as in figures 17 and 18. If this work is performed early the after-pains may be avoided.

AGUE

Malarial Fever—Chills and Fever

When the chill is about to begin use cold on the entire spine and heat over the solar plexus. At other times alternate in the use of heat and cold at the same treatment, using the cold first and the heat last on the whole spine. When the cold is used on the spine place a hot water bag over the solar plexus. Twenty minutes for the use of each will be sufficient. For this disease treat twice each day.

To prevent this disease you must protect yourself from mosquitoes. Have your house well screened. Have all marshes, ponds and stagnant water drained. In the malarial season petroleum should be freely used. This kills the larvæ of the mosquito which, by its bite, often transmits to man the specific microorganism which causes the disease.

ALBUMINARIA

The hot water bag should be used on the lower dorsal and upper lumbar portion of the spine about thirty minutes each day. Deep massage of the abdomen is indicated each day. For the diet see Bright's Disease. The patient should rest a great deal.

ALCOHOLISM**Also Drug Habits**

Use cold on the spine for an hour in the morning. At night use heat for fifteen minutes and cold for forty-five minutes. Allow all nourishment possible. Beef tea, also malted milk with red pepper, may be used to advantage when the desire for strong drink is excessive. The doctor must use considerable firmness and tact in dealing with these cases.

In treating the drug habit the same treatment as for alcoholism is given. Morphine is gradually withdrawn. Coffee may be used as a stimulant. The cocaine habit is the most difficult to overcome and is best treated in an institution.

AMBLOPIA**Failing of Vision**

When this trouble is due to poisoning from the use of alcohol, tobacco, quinine, or bisulphide of carbon, as it occurs where workmen are exposed to fumes in rubber factories, all such exposure to poison must be stopped. We would then expect a very speedy recovery by the use of cold in the neck in the region of the superior cervical ganglion. The

use of cold water instead of ice is recommended here. Use the cold at first three times per day for an hour. Later, one hour per day will be sufficient. Loosen the muscles in the back of the neck by massage, as indicated in figures 4 and 5.

AMENORRHEA

When this lack of menstrual function is caused by overstudy or overwork of any kind the leading of a more normal life is required. When the menstrual function is suddenly stopped on account of cold or getting the feet wet, or by fright, we find the muscles very tense and tender in the lumbar and sacral regions of the spine. These muscles should be thoroughly relaxed by massage. This may be performed by using a circular, pressing motion with the hands, as indicated in figure 13; also by using a relaxing movement of the thumbs, as seen in figure 12. When poor health is the cause of this trouble, build up the health by proper diet, sleep and out-of-door living. Such cases will be helped by a prolonged course of Somopathic treatment.

In connection with the above treatment use heat over the lower dorsal, lumbar and sacral regions of the spine.

ANEMIA

Use heat for fifteen minutes, then cold for the same length of time on the whole spine. Treat in this manner twice per day. About the middle of the day use cold on the lower dorsal and upper lumbar regions. Lightly massage the entire body once per day. When the patient becomes better do this three times per week. Give a good, nutritious diet as soon as the patient is able to handle it. See diet for tuberculosis. Take plenty of time for sleep and sleep out of doors if possible; if not, be sure that the ventilation in the sleeping-room is good. Keep regular hours and give up all social functions. Take a hot bath twice per week. Take a cold sponge bath, followed by a brisk rubbing with a coarse towel, each morning.

ANGINA PECTORIS

Stenocardia, Breast Pang

At the time of the attack apply the ice bag on the spine from the second to the eighth dorsal. If the pain extends to the neck and arm extend the cold treatment as high as the fourth cervical vertebra. Loosen all tissues of the breast over the heart by massage. The tissues of the upper dorsal region

should be loosened by massage. A good way to loosen them is to pull them away from the spine, as indicated in figure 10. See also figures 11, 12, 13, 14. Such a patient would do well to lead a quiet life afterward. Avoid all excitement and do not overwork. Avoid heavy and indigestible food. Be sure that the kidneys and bowels are kept active.

ANURIA

Suppression of Urine

Use the hot water bag over the lower dorsal and upper region of the spine three times per day. It should be used an hour at a time. The spine must be stimulated at the center of enervation for the kidneys. If the case is a severe one spinal thrusts may be given over the spine further to stimulate the spine, and through this the kidneys. These thrusts may be given as indicated in figure 13. Loosen the tissues of the back by drawing them away from the spine, as in figure 10. Give deep massage over the abdomen to draw the blood there and relieve the congestion in the kidneys, as seen in figures 17 and 18. Keep the skin active by hot tub baths and hot packs. See Hot Packs. Use warm salt water enemas and keep the bowels open. If this trouble is caused by acute Bright's disease that malady must

be treated. See Bright's Disease. The ureter of a healthy kidney may be obstructed by pressure, or both ureters may be blocked by calculi. Patients have lived for ten days with complete suppression of the urine. One doctor records the case of one patient who lived nineteen days with this trouble.

APHONIA

Loss of Voice

Use a hot pack on the neck, both front and back, for half an hour. After this gently massage the neck, removing all contractions of muscles. Use this treatment each day. Sometimes one will be sufficient. For neck treatments, see the "Practice of Osteopathy," third edition, by Murray. See figures 4, 5, 6, 7, 8.

APPENDICITIS

When the pain is present use cold over the lumbar region and the lower dorsal region as high up as the eighth vertebra. Use heat over the abdomen. Keep the region over the solar plexus and the appendix as warm as is possible for the patient to bear. The hot pack is recommended here. See Hot Pack. Use warm soapsuds enemas to relieve the bowels of foreign matter. This will also help to secure a better circulation. After the pain has left this

treatment should be continued every other day for some time. Keep the bowels open. Relax the tissues of the back. See figures 10-13. An operation may be necessary in a very few cases.

APOPLEXY

Cerebral Hemorrhage

Apply heat to the cervical region and an ice cap to the head as soon as possible. Place hot water bottles at the feet and raise the head of the bed. Keep the bowels open. Change the position of the patient, having him rest first on one side then the other, to avoid pneumonia.

When you are treating a person who has had this disease for a month or six weeks, relax all the muscles at the back of the neck, as indicated in figures 4 and 5. Loosen all of the spinal tissues. See figures 9, 10, 11, 12, 13. Call the blood to the abdomen by deep massage, as seen in figures 17 and 18. Give general massage to the paralyzed side. This will keep the muscles from contracting and the joints free from ankylosis.

For the first month after the attack a very light diet should be recommended. Fruit juices and light broths may be freely used during this period. After this time all meats and nitrogenous foods must be left alone. Never indulge in a full meal. The pa-

tient must always be underfed as long as he lives. In fact, this is one of the conditions of life for one suffering from this disease. If possible, do not drink more than one and a half quarts of water daily. Water increases the volume of blood in the body, and one object is to keep down the amount of blood as much as possible. Never use alcohol, in any form, tobacco, tea, coffee or condiments. Be sure and keep the bowels open.

The strenuous mode of life must be given up. Overexertion is prohibited, both mentally and physically. One suffering with this malady is easily irritated and must be constantly on his guard to avoid becoming angry. Cultivate a cheerful disposition. Some light occupation is to be preferred, but do not allow yourself to become too tired.

For an extended drugless treatment and how to avoid this disease see "Practice of Osteopathy," by Murray, the third edition, page 340.

ARYTHMIA

Irregular Heart Beat

Use cold and then heat in the upper dorsal region, alternating with each temperature fifteen minutes to a treatment. Treat thirty minutes three times per day. If the person has a strong constitu-

tion and stands the treatment well, on the second day give hour treatments. As the patient becomes better the number of treatments may be lessened, but their length had best not be shortened. Loosen up the tissues in the upper dorsal region by massage, as is indicated by figures 9, 10, 11, 12, 13.

Stop the use of tea, coffee, tobacco and alcohol. Do not take sedatives, tonics or any drug that controls the action of the heart.

ARTERIOSCLEROSIS

Hardening of the Arteries

Use cold and then heat, alternating every fifteen minutes for an hour once per day. The above treatment is to be used on the spine from the first to the eighth dorsal. At the same time use heat from the eighth dorsal down to the sacrum. Regulate the diet and general mode of life. Leave alcohol in every form alone. Do not use coffee or meat. A vegetable diet is to be preferred. Keep the skin active by a proper amount of exercise, hot baths and thorough massage. See that all tissues of the back and neck are kept loosened. See figures 4, 5, 9, 10, 11, 12, 13.

Avoid overwork, worry, excitement or anger. A moderate amount of mental and bodily exercise is best. Keep the bowels and kidneys active. See Constipation; also Kidneys.

ARTICULAR RHEUMATISM**Rheumatic Fever**

When the pain is intense in any joint, use cold on the spinal nerve center which controls the nerve supply of the joint or joints affected. At other times alternate with the use of heat and cold, using each for fifteen minutes, for an hour, on the entire length of the spine. Use the cold last at every treatment. This treatment is to be applied three times per day. Cold compresses are used with great satisfaction in Germany. These are applied directly on the part affected. See Cold Compresses. Hot fomentations are also successfully used in the same manner. See Hot Fomentations.

When the pain is very severe hot cloths wrung out of the following solution are sometimes applied to the joint affected:

Carbonate of Soda	6 drachms
Laudanum	1 ounce
Glycerine	2 ounces
Water	9 ounces

but the above will hardly be necessary if the cold is applied to the spine as directed above.

Have the patient rest between blankets. Regulate the diet carefully. Let the food be light and nutritious. Lemonade and oatmeal water may be

freely used. In general the diet used in fevers is best. Of course alcohol and meat should not be used. See Chronic Rheumatism. In some cases the massage recommended there may be given in articular rheumatism with benefit.

ARTHRITIS DEFORMANS

Rheumatic Gout, Rheumatoid Arthritis

This disease originates in the spine. The fact that after making an attack on any particular joint of one hand it will next attack the corresponding joint of the other hand, indicates that the disease is of central origin. Some medical authorities assert that this is proof that it originates in the spine.

As soon as the patient can be accustomed to the treatment use heat for half an hour on the dorsal region of the spine. Follow this at once by using cold in the same region for half an hour. This treatment will have the best results when applied three times per day. But there will be good results if it is used only once per day.

When the pain is very severe in any joint use cold at its center of enervation on the spine. There is no pain in a very few cases, but severe pain is the rule in most cases of this disease. The treatment must be continued for a long time. We do not ex-

pect to reduce deformities caused by this disease, but their progress may be stopped. Thoroughly massage the parts affected each day. This tends to build up the wasted cartilages and muscles.

The patient should have a generous and wholesome diet. Roast beef, beefsteak, mutton, chicken, eggs, milk, olive oil, butter and cream should form a good part of the food used.

ASTHMA

When the paroxysms of difficult breathing occur, as they often do nightly for a few days to two weeks, apply heat to the dorsal region of the spine. As a curative agent use cold once per week on the dorsal region of the spine, followed immediately by the use of heat. They should each be applied for thirty minutes. Every day use heat on the dorsal and cervical regions of the spine for one hour. In treating one case for the paroxysms the patient obtained excellent results through the use of a hot salt bag. She applied it by lying on it.

As this disease is often caused by a form of nervousness, anger, excitement, fright and all social duties should be avoided. Massage of the muscles of the back and neck helps when employed three times

per week. The idea is to remove all contractions of muscle tissue. See illustrations 4, 5, 6, 7, 8, 9, 10, 11, 12, 13.

Be very careful of the diet. The heavy meals should not be taken later than noon. Do not use sweets or any article of food that tends to form gas in the stomach.

BED WETTING

Incontinence of Urine

Use cold on the lower dorsal and lumbar regions of the spine for thirty minutes before retiring. Elevate the foot of the bed. Use cold on the lower dorsal, lumbar and sacral regions of the spine twice each week for an hour, some time before noon. Take a cool sponge bath on rising each morning. Follow it by a brisk rubbing. Eat the largest meal at noon. Drink plenty of water early in the day and up to about three hours before retiring. Avoid punishment, as it is harmful, but a system of rewards, in case of a child, works well. A nickel for each night that the bed remains dry is very helpful. The author has been very successful in overcoming this annoying condition.

BALDNESS**Alopecia**

As this disease appears mostly among men we conclude that the hats are partly responsible for this trouble. The hat bands are too tight, interfering with the proper nourishment of the scalp. There is too much heat without any ventilation. Fevers also are the cause of baldness.

The best treatment is to massage the scalp each day. Three times per week loosen the muscles in the back of the neck and down to the middle dorsal region of the back. See illustrations 4, 5, 9, 10. After each massage treatment use heat in the upper part of the back of the neck for thirty minutes. It has been recommended to expose the bare head in the sun frequently.

BILIOUS REMITTENT FEVER

For the treatment of this disease see Aestvo Autumnal Fever.

BLADDER, INFLAMMATION OF**Cystitis**

Rest in bed with the hips slightly elevated. Use cold over the lumbar and sacral regions of the spine.

If this does not relieve the pain to a sufficient degree, use ice water injections into the rectum. Hot applications over the bladder will be helpful. Lift up the abdominal contents as indicated in figure 20. Give deep massage of the bowels, as this helps to draw the blood away from the bladder. See figures 17, 18. Treat acute cases twice daily. Keep the bowels open.

The bladder should be irrigated with a two per cent solution of boric acid, using for that purpose a soft rubber tube and a fountain syringe. Sterilize the water by boiling. A milk diet should be used. Drink a great deal of water. Peppermint tea is splendid.

BLINDNESS

Amblophia

See Amblophia. See also the article on the treatment of the eyes. This treatment will do a great deal for the eyes.

BRACHYCARDIA

A Slow Beating of the Heart

Use a hot water bag on the spine from the second to the sixth dorsal vertebra, inclusive. This treatment should be applied one hour each day. When the heart beat becomes faster three times per week will be sufficient. See Heart.

BRIGHT'S DISEASE, ACUTE**Acute Nephritis. Acute Inflammation of the Kidneys**

Use hot water on the lower dorsal and upper lumbar regions of the spine for twenty minutes each day. When the patient has improved to an appreciable extent use the hot water treatment three times per week, but increase the length of the treatment, gradually, to forty-five minutes. Use hot tub baths and the hot pack twice each week.

Loosen all contracted muscles of the back by massaging them. This work should be given down over the sacrum also. See figures 10, 11, 12, 13, 14. Give thorough deep massage over the abdomen each day. See figures 17, 18. Rest in bed.

Live on an exclusive milk diet for, at least, several days. For some time after it will be best to use an exclusive liquid diet. When using milk sip it slowly. An adult needs from two to four quarts per day. It may be diluted with vichy or carbonic acid water. If the milk can not be made to agree with the patient, gruels may be given, made of arrowroot, rice, oatmeal, etc., but do not use meat or vegetables in the diet. A good drink is a drachm of cream of tartar in a quart of boiling water. Add the juice of a lemon and a little sugar. Drink when cool.

To the diet list, a little later on, may be added rice pudding, blanc mange, stewed prunes, baked apples and orange juice. The return to the regular diet should be slow. Even then use plenty of milk and avoid highly-seasoned and spiced foods, rich foods, pastry, alcoholic drinks, tea and coffee.

BREATHING PROPERLY

See Deep Breathing.

BRIGHT'S DISEASE, CHRONIC

Use hot water on the lower dorsal and upper lumbar regions of the spine each day. Use a hot tub bath and also a hot pack once per week. These should be given three days apart. See Hot Pack. Massage as directed in the acute form of this disease three times per week. One must avoid care and worry. Take regular exercise out of doors.

A patient with this disease is allowed greater latitude in his choice of a diet than in the acute form. After the discovery of the disease it will be well to go on an exclusive milk diet for from two to four months. Keep the bowels open with oranges, lemons, apples, and stewed prunes. Always use some milk. Corn bread, sago, tapioca, rice, macaroni, fresh green vegetables, bacon, butter,

potatoes, olive oil, the white meat of chicken, raw oysters, clams and fresh fish, a little mutton or fresh beef may be taken. Drink plenty of water, both hot and cold. Lemonade, buttermilk, ginger ale and the cream of tartar drink, advised in acute nephritis, may be used freely.

BRONCHITIS

During the first stage of this disease there is an irritating cough. The mucous membrane is dry. There is pain and fullness in the chest, with difficult breathing. Place a hot water bag on the spine from the fourth cervical to the seventh dorsal and the cough will lessen at once. The breathing will be easier and the fever will subside.

A hot mustard foot bath and a mild mustard plaster applied to the chest will be found helpful. Give hot lemonades and keep the bowels open. Massage the back of the neck and also the back and abdomen. See figures 4, 5, 9, 10, 13, 17, 18. Massage each day, thoroughly loosening the muscles. If the case is a chronic one three times per week will be sufficient.

BRONCHOPNEUMONIA

Lobular Pneumonia, Catarrhal Pneumonia

On first noting the symptoms of this disease give

a warm bath and an enema. Give adults a hot mustard foot bath. Be sure and change the position of the patient in bed frequently, for if we allow a patient to lie on the back too long it predisposes to congestion of the lungs. Use heat over the upper dorsal region of the spine and also the abdomen.

At the same time use a cold compress nearly around the whole chest. These compresses should be rather moist and allowed to remain on until they begin to be warm. See Cold Compresses. When each compress is removed a dash of cold water on the chest will tone up the patient. When the temperature is 102.5 renew the cold compress every half hour.

In the case of children, careful nursing is of the utmost importance. Allow plenty of fresh air in all cases. If there is trouble in raising phlegm, raise the foot of the bed six or seven inches.

Relax, by massage, all the muscles of the back, particularly on the affected side. See figures 10, 12, 13. Relax all the tissues of the neck as in figures 4, 5, 6, 7, 8. Relax the muscles over the chest and give deep abdominal massage over the abdomen to draw the blood away from the lungs. See figures 17, 18. Some relaxing work over the chest and abdomen should be given three or four times per day

and the other massage done thoroughly once per day.

Quick improvement may be expected under this treatment. The diet should be milk, beef juice, soft-boiled eggs. Give plenty of water and lemonade. To those who drink alcohol in any form we must give some good whiskey as a stimulant.

CATARRH

Use a cold water bottle in the upper dorsal and cervical regions of the spine. To secure the best results we should give this treatment a half hour three times per day. Increase the treatment until we reach a full hour three times per day. If convenient to treat that often begin at once, using the cold water once per day for an hour. Avoid sudden changes of temperature in going from a superheated room out into the cold, or vice versa. Keep the bowels open.

Faster progress may be made in securing results if some massage be employed. Loosen all the muscles which will be found to be contracted in the upper dorsal and cervical regions. See figures 4, 5, 6, 7, 8, 9, 10, 11, 12. Use deep abdominal massage. See figures 17, 18. Relax the tissues on the sides of the nose. It would be well to pay some attention to the diet.

CATARRH OF THE STOMACH

Use cold on the dorsal region of the spine. If the case is an acute one the cold should be applied three times per day for an hour each time. If a chronic case is being treated three times per week will be sufficient. Give massage in the dorsal region of the back to loosen the tissues there. See 9, 10, 11, 12, 13, 14. Press in above the solar plexus and apply heat there when the cold is applied to the spine. See figure number 19. Do not worry. Exercise systematically. Take a cold sponge bath every day. Pay attention to your diet.

CEREBRAL HEMORRHAGE

See treatment for Apoplexy.

CEREBRO SPINAL FEVER

Use an ice bag or an ice coil on the head. Give the feet warm mustard baths and use cold sponge baths on the rest of the body. If there is persistent vomiting, place an ice bag in the upper dorsal region. Give an enema of salt water daily. In this use a tablespoonful of salt to a quart of water.

Thoroughly, gently and persistently loosen the muscles of the back and neck by massaging them. See figures 4, 5, 9, 10, 11, 12, 13, 14. Massage the

abdomen deeply every day. See figures 17, 18. Let the room in which the patient is be quiet and darkened. The diet should be liquid.

CHICKENPOX

A warm bath should be given when the eruptions first appear. Keep the bowels open and avoid taking cold. If the itching is troublesome apply carbolized vaseline.

CHILLS AND FEVER

Malarial Fever

If there is a chill imminent or in progress apply cold to the entire spine and heat to the solar plexus. I have obtained the best of results by alternating in the use of cold and heat at the same treatment when the chill is not present. This properly stimulates the cord and at the same time changes all of its blood supply. Use the cold at first for about twenty minutes, and then the heat for the same length of time on the entire spine. When you use cold on the spine use heat on the solar plexus. Treat twice each day with the cold and heat and once a day with massage as follows: Loosen up all the tissues of the back, as seen in figures 9, 10, 11, 12, 13, 14. The back of the neck is to be treated, as per figures

4 and 5. Deep massage is to be given over the abdomen, as indicated in illustrations 17 and 18. Keep the bowels open. Every other day an enema may be given, if necessary for this purpose, in which a tablespoonful of salt is dissolved to each quart of water.

CHLOROSIS

Green Sickness

In most cases we would use the ice bag on the whole spine for fifteen minutes; then the hot water each day will be helpful. In this treatment constitute one treatment. At the next treatment use the hot water bag first and then the ice. When the cold is used on the spine use heat over the solar plexus. As the patient increases in strength increase the length of the treatments.

A gentle and general massage treatment given each day will be helpful. In this treatment consume about twenty minutes at first and lengthen the treatment gradually until an hour is used.

The diet and hygiene should be carefully looked after. Use easily-digested food; green vegetables, stewed and fresh fruit, milk, eggs, fish and meat. Do not use tea or coffee. A warm bath should be taken three times per week. The habits should be regular. Have plenty of rest. Spend as much time as you can out of doors.

CHOLANGITIS

The same treatment as gall stones, which see.

CHOREA

See St. Vitus' Dance.

CHOLERA**Acute Gastroenteritis**

Use cold on the spine in the lower dorsal and lumbar regions, after we are sure that all irritating substances have been removed from the bowels. Thoroughly relax all the tissues of the back with the use of massage. See figures 10, 11, 12, 13, 14.

The diet should be mild and bland, burnt flour soup, tea and toast, peppermint tea and boiled rice. Do not use much water, as it tends to loosen the bowels. The return to a regular diet should be slow. See Cholera Infantum.

CHOLERA INFANTUM

This disease has much the same symptoms as cholera, but when it occurs in children two years of age or younger we name it cholera infantum. It is frequently due to poisons generated in milk, which affect nerve centers. The stomach and in-

testines should be emptied as soon as possible. This can be accomplished by irrigation. The temperature when high should be regulated by the use of baths. If the temperature is below normal apply hot water bags to the body. The bath for reducing the temperature should last for ten or twenty minutes. It should be given often and an ice cap applied to the head.

After the stomach has been cleansed do not give the child anything but a little brandy and water. After all symptoms have subsided the regular diet should be restored gradually.

CIRRHOSIS OF THE LIVER

When this disease has been caused by the use of alcohol the use of it must be given up. We want to stimulate the liver, and so apply heat to the dorsal region of the spine from the sixth vertebra to the lumbar region. All of the tissues of the back should be well massaged. See figures number 9, 10, 11, 12, 13, 14. Stimulate the solar plexus. See figure 19. Use the heat on the spine an hour at each treatment twice per day for one week. Then the next week use heat fifteen minutes, then cold for the same length of time, then heat for half an hour; this treatment to be given twice per day for this

week. Then treat a week as directed for the first week. Continue the treatment in this manner week by week.

Drink plenty of water. Never overeat. Do not use hearty foods. Some cases do best on an exclusive milk diet. Regular hours are best for sleeping and exercising. Walking in the open air is good. Take a full tub bath twice per week and a sponge bath every morning and evening.

COLD COMPRESSES

The compress is made of three layers or thicknesses of old linen. It should be cut in such a manner that there will be three layers of the material when it is applied to the part of the body for which it is intended. A piece of flannel should be prepared so that it will completely cover the linen when the linen is properly applied. The linen is wet in water at the temperature of 60 degrees F., and after being properly applied is covered with the flannel, being kept in place with safety pins. There should be two compresses, using one after the other. Each compress should remain on until it becomes warm from the heat of the body, in most cases, and then renewed.

COLD SENSATION

A Constant Sense of Chilliness

Use the ice bag on the entire spine for fifteen minutes three times per day. Gradually increase the length of the treatment until you reach a full hour. This will cure the most stubborn cases. At one time the author had such a patient who had submitted to nearly all kinds of treatment with no help. She was being treated osteopathically for other troubles, and an effort was made, off and on, for two years, to get her to try cold applications to the spine. Her apartments had to be kept at from 80 to 85 degrees F., and even then she was not comfortable. Finally she consented to try the cold applications, and was so helped with one treatment that she persevered with the treatment until she was permanently cured.

COLD

A General Cold

Apply a hot water bag to the entire spine for one hour. Massage the muscles of the back. See figures 9, 10, 11, 12, 13, 14. Loosen the muscles of the back of the neck. See figures 4, 5. Work over the abdomen, using deep massage. See figures 17, 18. Work over the solar plexus as in figure 19.

When it is possible take a hot foot bath and an injection of warm salt water, using a tablespoonful of salt to a quart of water. Drink a hot lemonade and go to bed. If you have any fever remain in bed as long as the fever lasts. Give the above treatment as long as the cold lasts each day.

If you are liable to colds, sleep in a well-ventilated room. Take a cold sponge bath every day, followed by a brisk rub-down with a coarse towel. Keep the bowels open; they ought to have a free movement every day. Do not wear furs nor neck mufflers, and wear thin underwear, keeping warm by the use of heavy outer garments.

Pure cold air will never cause a cold. Nansen, the arctic explorer, said that there were no colds among his officers and crew when he was in the far North, but when they returned to civilization they nearly all contracted colds. Those who live in ill-ventilated and overcrowded apartments very often have colds. When a person is overworked, either mentally or physically, or is suffering from some chronic illness, he is more predisposed to a cold.

CONSTIPATION

Use the hot water bottle on the spine from the seventh dorsal to the last lumbar vertebra an hour each day. If convenient use it an hour twice a day

for the first week. Massage the bowels deeply each day. See figures 17, 18. Work over the solar plexus, as in figure 19. Loosen the muscles of the back by massaging them, as in figures 9, 10, 11, 12, 13, 14. Should the bowels prove a little obstinate to the above treatment at first, use an enema, in which a tablespoonful of salt has been dissolved to each quart of water. Use a fountain syringe, and retain the water a half hour, if you can, meanwhile massaging the bowel contents. Use the enema just as little as possible. Do not use purgatives.

The diet should receive especial attention. Eat those foods that have a large residue which passes through the intestines and excites the peristaltic action of the bowels. Corn, potatoes, cabbage, turnips, squash, pumpkins and cauliflower are of this class.

Cornmeal, oatmeal, coarse graham bread, also bran bread are very good. Bran bread, made by the following recipe, has proven excellent for the purpose: Two cups of bran, 1 cup of flour, $1\frac{1}{2}$ cups of sour milk, $\frac{1}{2}$ teaspoon of soda, 3 tablespoons of molasses, 1 tablespoon of butter, 1 teaspoon of salt. Mix the dry ingredients with the butter; then add the molasses and the milk. Bake in a moderate oven in gems or a loaf.

Two glasses of water should be taken on rising

in the morning. Drink plenty of water between meals and a glass or two on retiring. See "Practice of Osteopathy," the third edition, by Murray.

CONSUMPTION OF LUNGS

Use ice on the spine on the dorsal region from the first to the eighth vertebra for fifteen minutes, and follow this by the use of heat for thirty minutes. Give the treatment once per day for a few days, and then gradually increase the treatment to three times per day, but decrease to three days in the week.

Loosen all the muscles of the back, once each day. See figures 9, 10, 11, 12, 13, 14. Massage the bowels deeply. See figures 17, 18. Have the patient be much in the open air. It is best to sleep out of doors. Practice deep breathing. See Deep Breathing. Keep the bowels open. Let the diet be nourishing and ample. As the battle against this disease depends on the ability of the patient to digest his food to a large extent, we should be careful in the selection of a diet. Oyster, clam, barley and chicken soups are good. Also heavy soups made of peas, beans, tomatoes and celery, flavored with meat extracts, rare roast beef, beefsteak, lamb or mutton, ham, chicken, turkey, eggs, tongue, oysters, herring, cereals of all

kinds, butter, olive oil on lettuce or raw tomatoes, cream on everything with which it is palatable, fat, bacon, potatoes, green peas, string beans, spinach, cauliflower, asparagus, onions, green salads, milk, buttermilk, coffee, chocolate, cocoa, puddings, ice cream, etc., etc.

You may allow the patient to eat five times a day, but not too much at a time. For an extended article on this disease see "Practice of Osteopathy," Murray.

CRAMPS

Telegrapher's, Writer's, Pianist's

Use heat in the lower cervical and upper dorsal regions for fifteen minutes, followed by cold for half an hour. Treat at least once per day. Massage the upper part of the back. See figures 9, 10, 11, 12, 13, 14. Loosen the muscles of the back of the neck. See figures 4, 5. Thoroughly massage the arm in which the cramps occur. Sometimes rest is necessary for a time.

CROUP

Apply a cold compress to the neck and upper part of the chest and let it remain until it becomes warm. See Cold Compress. Massage the neck, both front and back. See figures 4, 5, 6, 7, 8. Loosen the tis-

sues of the upper part of the back. See figures 9, 10. Place a hot water bag on the upper dorsal region of the spine. Bathe the child's chest with cold water and allow plenty of fresh air. See Spasmodic Laryngitis or False Croup.

CYSTITIS

See Bladder, Inflammation of.

DEEP BREATHING

To keep the best of health, if you are in health, and to assist in the recovery from disease, it is always well to practice deep breathing regularly. We need plenty of oxygen, and we may have this vitalizing element in abundance if we but breathe properly. At the same time the muscles of the chest may be built up and its capacity greatly enlarged, if the breathing be properly performed. Always breathe through the nose. Those who breathe through the mouth usually have catarrh.

To breathe properly the clothing must be loose and all muscles relaxed. Stand easily with the hands on the abdomen. Now take a full, deep breath, slowly allowing the abdomen to swell out. Then exhale slowly, forcing the abdomen in. This abdominal type of breathing brings into full play the

diaphragm, which increases the capacity of the chest and aids in expelling the air. When you can breathe correctly in this manner, and it will take practice, you may inhale a long, deep breath, bringing the arms slowly from the sides until they meet over the head, at the same time rising on the tip-toes. Exhale slowly, bringing the arms back to the sides again as you do so. Do this several times per day, ten or fifteen minutes at a time, preferably in the open air. If you can not take this exercise out of doors do so before an open window.

Should your head begin to ache while you are learning this exercise of deep breathing you may know that you are using some of the air cells of your lungs which have been in disuse. By practicing the above for a time you will breathe deeply all the time and do it while you are walking or performing any of your regular duties. Form this habit; it is a valuable one.

DIABETES INSIPIDUS

In treating this disease we should try and allay all nervous conditions. Too much nerve force is being expended in the splanchnic region. Apply cold daily, for half an hour, from the sixth dorsal to the third lumbar. Avoid all causes of excitement. Do

not overwork, either mentally or physically, and do not allow yourself to worry.

DIABETES MELLITUS

Use heat on the entire spine for fifteen minutes. Follow this at once with the use of cold on the dorsal region, from the sixth to the third lumbar vertebra, for thirty minutes. When you begin this treatment use it every day for one week, after which use it three times per week.

Loosen up the tissues of the entire back with massage. See figures 9, 10, 11, 12, 13, 14. Massage the abdomen. See figures 17, 18. Tone up the solar plexus, as indicated in figure 19.

The diet is of great importance in this disease. Starches and sugars in every form should be eliminated as much as possible. Avoid everything made of ordinary wheat flour as much as possible. Do not eat potatoes, peas or beans. Avoid sweet fruits, beer and sour wine.

The patient can eat clear soups made of any kind of meat; eggs in all styles; fresh fish and meats of all kinds except liver; fats of all kinds; vegetables, such as lettuce, tomatoes, spinach, cress, radishes, asparagus, cucumbers and celery; all acid fruits, tea, coffee, buttermilk and sour milk; gluten and bran bread.

DIARRHEA

When you wish to check this condition use cold on the lower dorsal and upper lumbar regions of the spine. It will be best to determine the cause of this trouble in all cases before checking the diarrhea. The several possible causes may be enumerated as follows: (1) Indigestible, overripe or green fruit. (2) Poisons generated in the food, as ice cream, milk, etc., or minerals, which may have been taken as drugs. (3) Sudden changes in the weather temperature. (4) Nervous symptoms, resulting from the emotions, as fright. (5) Various diseases, as cholera, typhoid fever, tuberculosis, etc.

If the disease arises from the first two of the above causes give a dose of castor oil, followed by an enema. Or a warm enema may be given alone, in which a tablespoonful of salt to a quart of water is used. Thoroughly relax all of the muscular tissues of the back and neck, as indicated in figures 4, 5, 9, 10, 11, 12, 13, 14. Massage the abdomen gently, as seen in figures 17 and 18. If the condition arises from nervousness rest is indicated, and a treatment for the underlying causes should be given for two or three months, about three times per week. See Neurasthenia. A boiled milk diet and egg albumen may be resorted to until the troublesome symptoms have abated.

DIPHTHERIA

Apply a cold compress to the neck and let it remain until it becomes thoroughly warmed by the heat of the body. When this has been removed massage the tissues of the neck, both front and back, until all contractions are removed. See figures 4, 5, 6, 7, 8. Then massage the tissues of the back. See figures 9, 10, 11, 12, 13, 14. Then apply a fairly hot compress to the neck and leave it on for twenty minutes. Then apply the cold compress and leave it on as before. When this is taken off apply the hot compress for twenty minutes. See Cold Compress. All of the foregoing constitutes one treatment. While the case is desperate treat three times per day. As the patient becomes better treat only once per day. The massage may be omitted at the second treatment, when you are giving three per day.

Keep the patient in a cool, sunny and well-ventilated room. For cleansing the nostrils and pharynx a salt solution may be used, in which is a tea-spoonful of salt to a pint of water. Pour a little of this from a spoon into the nostrils every two hours. Should the nostrils be stopped it will be necessary to use a syringe. Should a stimulant be needed use whiskey or Tokay wine. In case of in-

cessant vomiting apply ice to the upper dorsal region of the spine.

The diet should be nutritious and easy of digestion. You may give custard, eggnog, cornstarch. If the bowels are too active give burnt flour soup. In case they are much too active apply ice to the lower dorsal and lumbar region of the spine. In addition to the diet list there may be given pineapple juice, milk, cocoa, eggs, cream and farina.

DISEASES OF WOMEN

See Dysmenorrhea, Endometritis, Genital Maladies, Hysteria, Menorrhagia, Metritis, Ovaries, Inflammation of, Puritis Vulvae, Salpingitis, Vaginismus, Vaginitis, Vulvitis.

DROPSY

Ascites, Renal Dropsy

This trouble is very often the result of some other disease. It may follow diseases of the heart, lungs, liver or kidneys. It is always well to stimulate the kidneys. Use the hot water bag on the entire spine for fifteen minutes; then the cold treatment for the same length of time; then use the heat for fifteen minutes. This is all to constitute one treatment. Give this twice each day. In addition to the above

we should give a massage treatment once a day. Loosen up all the tissues of the back. See figures 9, 10, 11, 12, 13, 14. Massage the abdomen deeply as per figures 17, 18. Stimulate the solar plexus, as seen in figure 19. Keep the bowels active. See Bright's Disease.

DRUG HABITS

See Alcoholism.

DYSENTERY

Bloody Flux

Use heat for fifteen minutes over the lower dorsal and lumbar regions of the spine. Immediately after this place cold on the spine in the same region and heat over the solar plexus and the abdomen. Keep this up for an hour at each treatment. Perhaps one treatment only will be needed. Loosen up all the muscles of the back. See figures 9, 10, 11, 12, 13, 14. Deeply massage over the abdomen, as seen in figures 17, 18. The diet should be restricted. Milk, broth, beef juice and egg albumen will be sufficient. See Diarrhea.

DYSMENORRHEA**Painful Menstruation**

Thoroughly loosen the muscular structures in the lower lumbar, dorsal, and sacral regions by massaging them. See figures 10, 11, 12, 13, 14. Lift up the intestines, as seen in figure 20.

Use ice over the lumbar and sacral regions of the spine. Place a hot water bag on the lower part of the abdomen. A hot water foot bath in which a tablespoonful of mustard is used will prove helpful.

DYSPEPSIA

Use heat over the vagus nerves in the neck and over the solar plexus. At the same time apply cold to the dorsal region of the spine. Treat in this manner once each day for an hour. Loosen all the tissues of the back by massaging them. See figures 9, 10, 11, 12, 13, 14. Work over the solar plexus, as seen in figure 19.

See that the bowels move every day, as not much progress will be made in any case of stomach trouble when the bowels fail to move properly. Do not eat when tired. Rest, if possible, both before and after eating. Take a daily cold sponge bath, followed by a brisk rub, each day. Be free from care

and worry and take plenty of time for meals, masticating the food well. Spend as much time out of doors as possible.

In ordinary cases the following foods may be allowed: Wheat bread, stale or toasted very dry, soda crackers, zwieback, dry or toasted; then slices of bacon, broiled; butter; thick soups, thoroughly cooked, made of asparagus, tomatoes or fresh peas or potatoes; eggs, but not hard boiled or fried; oysters, fresh fish, boiled or broiled. Meats should be young and tender. They may consist of broiled steaks and chops, roast beef, mutton and chicken. Oranges, peaches, grape fruit are good, and it is well to eat them and other fresh fruit between meals. Prunes and apples may be baked or stewed. Black coffee may be taken after dinner. In very severe cases, where there is Bright's disease or heart trouble, it may be necessary to give an exclusive milk diet. From two to four quarts of fresh milk may be given in twenty-four hours. It may be given seven or eight times per day. Good fresh buttermilk may be used with good effect. In case the patient can not take as much milk as indicated above, or enough to support strength, scraped meat is allowable; oysters, raw or broiled. Some can eat soft-cooked eggs and calves' brains. The following foods are absolutely forbidden in all cases:

Fresh soft bread, hot bread, cakes, pastry, dough-nuts, sweets, candies and sugar; fat or greasy food; heavy vegetables, dried or salt fish or corned meats, veal, cheese, sweet fruits, hash or twice-cooked meats.

EARACHE

Lie with the ear on a hot water bag. If the patient is an infant breathe into the ear. In some cases of earache a glass ear tube with a recurrent flow is used, with the water at a temperature of about 100 degrees.

Before using the above treatment, if the case is a severe one, massage the muscles of the back of the neck, as indicated in figures 4 and 5. Loosen up the muscles of the upper part of the back, as seen in figure 9.

ECZEMA

The muscles of the entire back should be thoroughly loosened by deep massage, as indicated in figures 9, 10, 11, 12, 13, 14. Give deep massage over the muscles of the abdomen, as seen in figures 17, 18. Then use an ice bag on the spine at the point of enervation of the parts, or part, where the trouble is most severe. When the eczema is well scat-

tered over the whole body apply the ice to the entire spine. Massage three times per week, but use the ice an hour a day every day. In very severe cases the ice should be used three times per day, an hour each time.

All undue exposure to heat and cold should be avoided. The diet should be plain and nutritious. Meats of all kinds, gravies, pastries, cheese, condiments and sauces should be avoided. What you eat should be eaten slowly and well masticated. Do not overeat. Leave tea, coffee and all alcoholic drinks alone. Be out of doors in good weather as much as possible.

EMPHYSEMA

Loosen up the muscles of the back, especially in the upper dorsal region, as seen in illustrations 9, 10, 11, 12, 13, 14. Massage the tissues at the back of the neck, as per figures 4, 5. Use hot water on the spine from the second to the tenth dorsal vertebra an hour every day. At the beginning of the treatment every other day use cold on this same region of the spine for fifteen minutes. Use a hot pack or fomentation on the front and sides of the neck for half an hour three times per week. See Hot Fomentations.

ENDOCARDITIS

Use the ice bag on the spine from the second to the tenth dorsal vertebra for thirty minutes every day. When the case is very severe the ice bag may be used as much as an hour three times per day. Use heat over the vagus nerves at the side of the neck three times per week for thirty minutes at each treatment. This quiets the heart action by stimulating the vagus nerve. Massage deeply over the abdomen each day, as per figures 17, 18. Keep the muscles in the upper part of the back in a loosened condition. See figures 9, 10, 11, 12, 13, 14. The patient should have complete rest, both mentally as well as physically. An ice bag may be used over the heart an hour at a time, with an intermission of ten minutes. The diet should be light and liquid.

ENDOMETRITIS

Inflammation of the Lining of the Uterus

Use cold over the lumbar and sacral regions of the spine three times per day for an hour. Loosen up all the tissues of the back in the same region. See figures 10, 11, 12, 13, 14. Heat is used over the lower part of the abdomen. Hot water douches should not be used to a great extent, but a few will

be helpful. Keep the bowels open. It is well to be out of doors a great deal, but a person suffering with this disease should keep off the feet as much as possible.

ENTERITIS, CATARRHAL

Use cold over the lower dorsal and upper lumbar regions of the spine for forty-five minutes. If the pain has not stopped and the patient is much better, after an intermission of ten minutes, continue the use of the ice application. When you find a tense condition of the tissues, from the middle dorsal region to the end of the spine, relax them by the use of deep massage, as indicated in figures 10, 11, 12, 13. See also figure 2.

For the thirst give cracked ice and cold tea without sugar. Do not use much water, because it tends further to loosen the bowels. In very severe cases food should be withheld for twenty-four hours, and a slow return made to solid food. The first foods partaken of should consist of well-boiled rice, soft-boiled eggs, milk and toast or crackers.

ENTEROPTOSIS

Drooping Viscera

Apply cold and heat to the lower dorsal and lumbar regions of the spine, alternately, fifteen minutes

at a time. End the treatment with cold and let the whole treatment last one hour.

At the first few treatments it would be well to apply an abdominal supporter, which the patient should wear for about ten hours, after the treatment. This would accustom the intestines to remain in place. When you use the hot and cold applications massage the same region of the back, as indicated in figures 10, 11, 12, 13, 14. Lift up the intestines, as seen in figure 20. A case of this kind will do best treated every day.

ENURESIS

See treatment for Bed Wetting.

EPILEPSY

This disease calls for a treatment each day. A cold application should be used at the base of the brain; water is to be preferred. Let this extend about half way down the neck. At the same time use heat over the abdomen and solar plexus. Use these applications for thirty minutes, after which give a thorough and deep abdominal massage, as seen in figures 17, 18. Work over the solar plexus, as indicated in figure 19. Loosen the muscles of the back of the neck. See figures 4, 5.

We should be very particular about the diet. Stomach and intestinal indigestion may act as an exciting cause for this trouble, by allowing the food to ferment, causing autointoxication and poisoning the system. The diet should be light and nutritious and easily digested. Indigestible foods should be forbidden. See *Dyspepsia*.

In children look for adenoid growths. If the child is a male, phimosis may exist, and adhesions must be broken up or circumcision be performed. If constipation is present, that trouble must be removed by proper treatment. See *Constipation*.

EPISTAXIS

Nose Bleed

Use heat in the upper dorsal and cervical regions of the spine. For the mechanical treatment of this trouble see "Practice of Osteopathy," the third edition, by Murray.

ERYSIPelas

St. Anthony's Fire

Use cold in the upper dorsal and cervical regions for fifteen minutes. Then heat on the entire spine for thirty minutes, after which use the cold in the

upper dorsal and cervical regions for fifteen minutes; an hour in using the heat and cold at one treatment. Relax all of the tissues of the neck by massaging them. See figures 4, 5, 6, 7, 8. Then thoroughly loosen the tissues of the back, as indicated in figures, 9, 10, 11, 12, 13, 14. Use deep massage over the bowels, as seen in figures 17 and 18. The bowels should be made to move freely, to carry off the poisons generated by the disease. A salt water enema, in which is a tablespoonful of salt to a quart of water, will be helpful. The diet should be nutritious. The treatment should be given every day.

ERYTHROMELALGIA

Red Neuralgia of the Feet

Use heat in the lower dorsal and lumbar regions of the spine, once each day for an hour. Massage the tissues of the lower dorsal and lumbar regions of the back, loosening all of the tissues. See figures 9, 10, 11, 12, 13, 14. Massage down the entire limb and the affected foot. If the patient is constipated, that trouble should receive proper attention and treatment.

Keep the feet elevated and rest as much as is possible when the attack is severe. Some cases ex-

perience great relief by putting the foot in ice cold water.

EXOPHTHALMIC GOITER

Graves' Disease, Basedow's Disease

Treat this disease every day with cold applications in the upper dorsal and cervical regions of the spine, but every other day use fifteen minutes of the time with a hot water bag in the same region of the spine at the beginning of the treatment. Loosen the tissues of the neck with massage. See figures 4, 5, 6, 7, 8. Do this each day. Lift up the goiter gently at each treatment, but do not massage directly over it, but loosen up the tissues all about it. When improvement becomes marked treat as above three times per week or less. While giving the above treatment each day give the following three times per week: Loosen up all the muscles of the back, using the massage, as indicated in figures 9, 10, 11, 12, 13, 14. Also deeply massage the abdomen, as indicated in figures 17, 18, and work over the solar plexus, as seen in figure 19.

Press back the eyeballs, gently, once per day. If the heart beats too rapidly, treat this symptom three times per day, as in Endocarditis, which see. A cold pack may be placed about the neck at night. See Cold Pack. When it is placed on the neck,

leave it there all night. The patient should avoid excitement of every kind and should rest in a reclining position as much as possible. This disease is often aggravated and sometimes caused by diseases peculiar to women. See Diseases of Women. By following the above treatment and advice one should expect marked improvement in a short time.

EYES

When there is congestion of the blood vessels of the retina use heat in the cervical and upper dorsal regions of the spine.

For drooping of the eyelids, or ptosis, use cold in the upper dorsal and cervical regions and follow this by the use of heat in the same regions for thirty minutes. These cases should be treated every day.

For keratitis use cold in the upper dorsal and cervical regions of the spine for an hour three times per day. Keep the patient from the light and use hot water applications over the eye as hot as can be borne. Keep the eye clean with a four per cent boric acid solution.

In all cases where there is trouble with the eyes, loosen the tissues of the neck by massaging them, as indicated in figures 4, 5. Loosen the tissues of the upper part of the spine, as in figures 9, 10, 13. See Ambloplia.

FACIAL NEURALGIA

Relax by massage all the tissues of the upper dorsal and cervical regions. See figures 4, 5, 9, 10, 11, 12, 13, 14. Apply cold over the regions of the cervical and upper dorsal. Use a hot water bottle directly over the seat of the pain.

A thorough, deep abdominal massage is often of assistance. See figures 17, 18. The inner skin of a fresh egg, sprinkled with black pepper, applied locally, will sometimes give relief.

FLUX, BLOODY

See Dysentery.

FOMENTATIONS, HOT

Preparations are made for giving the "Hot Fomentation Compress" by securing two pieces of old woolen blanket, fifteen to eighteen inches square. One of these is to be used at a time, and is saturated in boiling water. That this piece of woolen blanket may be wrung out well, so that no water remains, when it is placed on the patient, we use a wringer. This wringer is made by taking a strong crash roller towel, about thirty inches long. To the upper and lower extremities of this towel, stitch

two strong sticks about two feet long. Place the blanket between the layers of the towel and immerse all in boiling water, and remove. Wring as dry as possible by twisting on the two sticks. Remove every part of the moisture, so that there will be no danger of burning the patient. The part of the body of the patient which is to receive the hot compress is well anointed with olive oil or vaseline. Place the prepared compress, directly from the wringer, on the patient, and cover with another blanket. The first compresses may not be as hot as some applied later, to accustom the patient to the heat.

These compresses should be renewed every fifteen minutes for an hour, when the part should be carefully dried and wrapped in cotton batting or woolen. As stated before, there should be two compresses to use, one after the other.

GALL BLADDER, INFLAMMATION OF

See Gall Stones, and treat in the same manner. The symptoms are about the same. Some cases of inflammation of the gall bladder have been diagnosed by expert surgeons as cases of gall stones. If not properly treated gall stones will develop afterwards.

The diet after an attack of inflammation should be the same as in a case of gall stones.

GALL STONES

Cholelithaisis

While the patient is suffering pain from the passage of the gall stone through the duct into the bowels, use ice on the spine, between the sixth and twelfth dorsal vertebra. Use hot fomentations over the liver and the gall bladder. For a time it will be best to treat every day, and later three times per week, as follows: Use heat for fifteen minutes, and then cold for the same length of time over the lower dorsal and upper lumbar regions. Continue this for one hour; then loosen the tissues of the back in the entire dorsal and lumbar regions by massage. See illustrations 9, 10, 11, 12, 13. Gently massage the abdomen, as indicated in figures 17, 18.

Keep the liver active. See Cirrhosis of the Liver. It will be well to give special attention to the liver. The bowels should be made to move at least once per day. It will help to take a teaspoonful of the saturated solution of sodium phosphate, in a wine-glass of water, three times per day. After the patient is better take it once per day for some time. When the disease is troublesome an enema of cold

water should be used each day. Drink plenty of water at all times.

Forever avoid starches, fats and sugars, as much as possible, after an attack. Avoid peas, carrots, sweet vegetables and sweet fruit. Do not eat egg yolks, but fresh green vegetables are highly recommended. Meat may be eaten once per day. Cereals should be well cooked.

GASTRALGIA

Use cold on the dorsal region from the fourth to the tenth vertebra. Use heat over the stomach, solar plexus and abdomen. Relax all the tissues of the back by massaging them. See illustrations 9, 10, 11, 12, 13, 14. Gently massage over the stomach. See figures 17, 18. The diet is to be regulated and the bowels should be kept open.

GASTRITIS

Acute Gastric Catarrh

Use heat over the vagus nerves in the neck and over the solar plexus. Apply cold, at the same time, to the dorsal region of the spine. Use this treatment an hour each day until the patient is better, then treat three times per week. All the tissues of the back should be loosened by massaging them, as

in figures 9, 10, 11, 12, 13, 14. Massage the bowels, as indicated in figures 17, 18. Work over the solar plexus, as seen in figure 19.

See that the bowels move every day freely. See Constipation. Take a cold sponge bath every day, followed by a brisk rub. For other rules to follow as to diet see Dyspepsia.

GENITAL MALADIES

When these are of chronic nature, in both male and female, use cold in the lower dorsal and lumbar regions of the spine. Remember that when you use cold here heat is indicated over the solar plexus.

Loosen the muscles by massage, in the same region of the spine, as indicated in figures 10, 11, 12, 13, 14.

Massage the abdomen, as indicated in figures 17, 18. Tone up the solar plexus, as seen in figure 19. If the patient is a lady see Diseases of Women.

GOITER

Big Neck, Bronchocele

The neck should have the tissues thoroughly relaxed, both front and back. See figures 4, 5, 6, 7, 8. Do not massage directly over the goiter, but lift it up a little at each treatment. The muscles of

the back should be relaxed, as indicated in figures 9, 10, 11, 12, 13. Massage the abdomen, as indicated in figures 17, 18.

Use cold applications in the upper dorsal and cervical regions of the spine. Treat three times per week, and at the second treatment use heat in the same region for fifteen minutes at the beginning of the treatment. Use these applications for one hour at each treatment. See Exophthalmic Goiter.

GOUT

Podagra

Cold should be used on the lower dorsal and lumbar regions of the spine when the pain is very severe. As a curative treatment use cold and heat in the lower dorsal and lumbar regions of the spine, alternating each fifteen minutes for an hour each day.

Massage the muscles of the dorsal, lumbar and sacral regions of the spine, as seen in figures 9, 10, 11, 12, 13, 14. Use deep massage over the abdomen, as indicated in figures 17, 18. Tone up the solar plexus, as seen in figure 19. Massage down the limb, foot and toe. Gently move the tissues here to the bone and carefully stretch the joint.

Those who are susceptible to this disease should

be very careful with their diet. Leave alcohol alone in all of its forms. Lead an out of door life, with plenty of exercise. Bathe frequently. Take cold sponge baths, followed by a vigorous rub with a coarse towel. Do not work too hard, either mentally or physically. Wear flannels next to the skin at all times.

Restrict the diet. Overeating and drinking and the indulgence in rich food, meat and liquors predispose to this disease. This disease calls to a simple life and plain living. Use meat only once per day. Let your meals consist largely of vegetables. Buttermilk and sour milk are excellent. Do not use highly-seasoned foods, pastry or sweets. When there is fever use milk, farinaceous foods and plenty of water. Take a glass or two of water on retiring at night and the same on rising in the morning. Drink lots of water during the day. This is as good as going to any of the mineral springs.

GRAVES' DISEASE

See Exophthalmic Goiter.

GRIPPE, LA

A warm bath should be given and the patient placed in a warm bed until the fever has entirely

left. An enema, in which a tablespoonful of salt has been dissolved to a quart of water, should be given, and retained for half an hour if possible. Use heat at the base of the skull and in the dorsal region of the spine. Thoroughly loosen the muscles of the back of the neck, as indicated in figures 4, 5. Massage with considerable force at the base of the skull. See figure 21. Massage, quite strongly, all the muscles of the entire back. See figures 9, 10, 11, 12, 13, 14. Use deep massage over the abdomen. When the fever is high and the patient is suffering with a headache use an ice bag on the head.

When the patient is first taken with this disease it would be well to treat him a couple of times for two days. The food should be liquid and nourishing.

HAY FEVER

Autumnal Catarrh

Begin the treatment at least a month before the attack is expected. Use cold and heat, alternately, every fifteen minutes for an hour each day in the cervical and upper dorsal regions of the spine. Relax by massage all neck tissues, as indicated in figures 4, 5, 6, 7, 8. Loosen all the tissues of the face, forehead and nose. See figures 23, 25, 26. Re-

lax all muscles of the upper portion of the back, as seen in figures 9, 10, 11, 12, 13, 14; also those of the upper part of the chest. Give deep abdominal massage, as seen in figures 17, 18. Treat three times per week.

The patient should avoid all overwork, as well as all excesses. Rest as much as possible and pay attention to the diet. Do not overeat. Keep the bowels and kidneys active. A cool sponge bath should be taken each morning, followed by a brisk rub.

HEADACHE

Migraine, Cephalgia

Massage the muscles at the back of the neck, as indicated in figures 4, 5. Massage with considerable force at the base of the skull, as shown in figure 21. Massage the upper part of the back. See figures 9, 10, 11, 12, 13, 14. Deeply massage the abdomen. See figures 17, 18; also work over the solar plexus, as in figure 19. Press on the forehead and massage over the midline of the skull, as indicated in figures 22, 23. Place an ice bag on the head and use heat at the base of the brain or upper part of the neck. Should there be nausea, use an ice bag on the spine from the fourth dorsal to the tenth dorsal vertebra.

The cause of the headache should be found and removed, if possible. In general, persons subject to headaches should avoid overexertion, as becoming tired acts as an exciting cause. If the headache is caused by stomach trouble, or any of the diseases peculiar to women, appropriate treatment should be given. If you can not find time to use the massage spoken of above, the hot and cold applications will do the work. But in that case use a hot mustard foot bath. The use of the massage tends to a permanent cure, though treatment should be given regularly about three times per week to effect a cure.

Particular attention must be paid to the stomach and bowels in many cases. As becoming tired in many often brings on an attack, overexertion of all kinds should be avoided. Some cases are helped by a cup of strong, clear coffee. The use of drugs to relieve an attack of headache is very dangerous, but menthol pencils are used to rub over the seat of the pain, and are sometimes found to be helpful.

HEART, PALPITATION OF

Use an ice bag over the heart, also over the upper dorsal region of the spine. Massage the tissues of the upper part of the back and neck. See figures

4, 5, 9, 10, 11, 12, 13, 14. Use deep massage over the abdomen. See numbers 17, 18. Do not use tea, coffee, alcohol or tobacco. If the palpitation is caused by any stomach trouble, that must be treated. If the palpitation is chronic, treat about an hour three times per week. See Endocarditis, Pericarditis, Angina Pectoris, Tachycardia, Brachycardia.

HEAT EXHAUSTION

Place the patient in the shade in a cool place. Loosen all clothing, especially about the neck. If the temperature is subnormal give a warm bath. Thoroughly loosen all spinal muscles. See figures 9, 10, 11, 12, 13, 14. All of these movements may not be necessary, but use as many as you need to relax the tissues. Loosen the tissues of the neck by massage. See figures 4, 5. Deeply massage the abdomen. See illustrations 17, 18. See Sunstroke, and note the difference in the treatment.

HEMORRHOIDS

Piles

If there are no complications, as liver, heart trouble, etc., this treatment will effect a cure, but it will

be helpful under any conditions. Thoroughly loosen the tissues of the sacral and lumbar regions by deep massage. See figures 10, 11, 12, 13, 14. If the patient is constipated, treat for that in connection with the above treatment. See Constipation. In treating this condition we must treat and remove the underlying cause as soon as possible. If constipation is present, this may be largely overcome by the use of the proper diet. There should be free daily evacuations of the bowels. Violent exercise should be avoided, as long walks or heavy lifting. Do not sit on damp or warm seats. Do not use highly-seasoned food, and leave alcohol alone.

HICCOUGH

Loosen the muscles of the neck, both front and back, as indicated in figures 4, 5, 6, 7, 8. Use cold at the back and sides of the neck. In the milder forms of this trouble a sudden reflex irritation will cure at once. A teaspoonful of salt and lemon juice has been recommended. Salt and strong vinegar will do as well. Strong traction on the tongue may cure the case. Be sure and use the cold application, as directed. Steady traction on the lower ribs, thus stretching the diaphragm, will cure some cases. See figures 15 and 16.

HOT FOMENTATIONS

See Fomentations, Hot.

HYSTERIA

Use cold on the entire spine for thirty minutes each day. Massage the muscles of the back, as indicated in figures 9, 10, 11, 12, 13, 14. Loosen up all the muscles of the neck by massaging them. See figures 4, 5, 6, 7, 8. Abdominal massage should be given. See illustrations 17, 18. Tone up the solar plexus, as in figure 19. Lift up the abdominal contents, as in figure 20.

If pain should arise in the head, spine, abdomen, ovarian region, or breast, use cold applications. If there is vomiting and nausea use ice over the middle dorsal region of the spine. Treat symptoms as they arise. A change of environment is helpful in many cases. The patient should be dealt with kindly, yet firmly. If possible, persuade the patient to exercise self-control. A warm tub bath twice per week and a cold sponge bath every morning, followed by a brisk rub, will prove helpful. Out-of-door exercise should be taken each day. If a child, avoid overstudy under competitive methods. Avoid overindulgence of every nature. Let the

diet be plain, but there should be plenty of nutriment. Some recommend a Neptune girdle, every other night. See Neptune Girdle.

INDIGESTION

See Gastritis.

INFANTILE SPINAL PARALYSIS

In the early stages of this disease use a spinal ice bag on the entire spine. It keeps down inflammation of the spinal cord. Massage all the muscles of the back and neck. See the figures 4, 5, 9, 10, 11, 12, 13, 14.

After the inflammation of the cord has subsided, use heat on the spine for fifteen minutes, then cold for the same length of time, alternating thus in the use of both heat and cold for one hour at a treatment. Use this treatment twice per day, and massage as above. At this time one or more limbs or one or more groups of muscles will be found affected. It will be well to massage these thoroughly once per day. Keep the limbs warm. Put them through a passive motion two or three times per day. Friction and the massage spoken of above will be a great factor in keeping up the circulation. This will prevent wasting of the parts affected. Do

not use braces if you can help it, for the circulation is better without them. When there is a great deal of weakness braces help them to get about, and for awhile they may be used in old cases.

INFLAMMATION OF THE BOWELS

Use ice twice per day, or oftener, for an hour at a time on the lower dorsal and lumbar regions of the spine. Carefully massage all the tissues of the back. See figure 10. You can do considerable work while the patient is lying on his back. Gently massage the abdomen, as indicated in figures 17, 18. Use hot fomentations over the bowels. See Hot Fomentations. A liquid diet is best, and for the thirst give cracked ice. If the patient is constipated give an enema. Look after the underlying cause. Remove this if possible.

The use of the cold on the spine tends to inhibit the nerves that control the peristalsis of the bowels. When you use the ice for an hour this inhibition of the nerves may be continued by placing a book under the spine, as illustrated in figure 2. Instead of the hot fomentations over the bowels you might try an ice bag. In some cases the ice bag seems to do better.

INSOMNIA

Sleeplessness

Relax all the tissues of the back by massaging them. See figures 9, 10, 11, 12, 13, 14. Loosen up the neck muscles, as indicated in figures 4, 5. Massage these thoroughly. Give a deep treatment of massage on the abdomen. See figures 17, 18. Apply cold and then heat to the spine for fifteen minutes each. When you use cold on the spine use heat on the abdomen. A hot water bottle will do for this. After the above treatment have the patient retire for sleep and apply a Neptune girdle, after which rub the patient's head for a while, as indicated in figure 25. A patient should be able to sleep after the above treatment. This treatment is best given at night.

When this condition is chronic the bowels should be kept regular. See treatment for constipation. When the above treatment is not given take a hot bath before retiring. Follow this by a cool sponge bath and it will be found beneficial. If you cannot apply the Neptune Girdle spoken of above, a cold pack may be placed on the abdomen. This will be used to the best advantage at night. In many cases of insomnia but few treatments will be required.

INTERCOSTAL NEURALGIA

Relax all of the tissues of the back in the dorsal and upper lumbar regions, as indicated in figures 9, 10, 11, 12, 13, 14. Massage over the part between the ribs, affected by the pain, to relax the tissues there. Apply cold on the spine at the point from which the nerves arise which supply the affected region. Place a hot water bag directly over the painful area. In all such cases it will be advisable to keep the bowels open. To do this when the case is first seen, give an enema, in which a tablespoonful of salt to a quart of water is used.

JAUNDICE

Use heat on the spine from the fourth dorsal to about the second lumbar vertebra. In a severe case give this treatment for an hour three times per day, but every other day at the second treatment use ice for the thirty minutes of the time. Massage very thoroughly all the tissues of the spine in the area spoken of above, as indicated in figures 9, 10, 11, 12, 13, 14. Keep the liver active and the bowels loose. See Constipation and Cirrhosis of the Liver. Massage the bowels, as in figures 17, 18.

It is advised to avoid starches, fats and sweets,

and do not use fried food. Give lemonade, the juice of pineapples and oranges. Stewed fruits, soft cooked eggs, and cereals are excellent. Drink plenty of water. Sodium phosphate may be given, as in Gall Stones, which see. To control the itching, use talcum powder or powdered starch, or sponge with a warm solution of baking soda.

JOINT AFFECTIONS

When the joints are affected with tuberculosis do not massage them, but apply heat over the joint and cold at the center of the nerve supply on the spine. Massage near the joints, but not directly on them. Use this treatment twice per day, an hour at a time. A good, nourishing diet is required. See the article on consumption of the lungs. The patient should exercise moderately, but rest as much as he can.

In case the joint is affected from an old case or rheumatism, but the pain has now left, you may hot applications on it. For further information on it. For a stiff joint, massage, manipulate and use hot applications on it. For further information on joint affections see "Practice of Osteopathy," the third edition, by C. H. Murray.

KERATITIS

Also Other Inflammations of the Cornea

For this disease, or any other inflammation of the cornea or of any part of the eye, use cold in the upper dorsal and cervical regions of the spine. Use hot water applications over the eye. See Hot Fomentations. If a very bad case it may be necessary to keep this hot application on the eye most of the time, but do not use the cold more than an hour at a time three times per day. See Treatment for the Eyes.

KIDNEY, CONGESTION OF

An ice bag may be used over the upper bowels and a hot water bottle over the lower dorsal and upper lumbar regions of the spine. This heat may be applied an hour at a time, three times or oftener a day, but the cold should be used only one hour per day.

Loosen the tissues of the spine by massage, as indicated in figures 9, 10, 11, 12, 13, 14, or as many of these movements as may seem necessary. Give deep massage over the bowels, as seen in figures 17, 18. Warm salt water enemas are indicated, in which use a tablespoonful of salt to a quart of water.

Keep the skin active by the use of hot tub baths and hot packs. See Hot Packs.

KIDNEYS, INFLAMMATION OF

See Bright's Disease.

LA GRIPPE

See Grippe.

LARYNGITIS

All of the tissues of the neck must be thoroughly relaxed. See figures 4, 5, 6, 7, 8. Use as many of these manipulations of massage as may be necessary to accomplish the purpose. Massage the tissues of the upper part of the chest. Those of the back may be loosened, as indicated by figures 9, 10, 11, 12, 13, 14. Use cold water, not ice, on the back of the neck and a hot water bag on the front of the neck. Be sure that the bowels are kept open. A salt water enema will work well, in which a tablespoonful of salt is used to a quart of water. Treat twice a day until the case becomes better.

LARYNGITIS STRIDULUS**False Croup**

Treat as in laryngitis and pay particular attention to the front part of the throat. A hot water bag, placed in the upper dorsal region of the back, and the finger inserted into the throat of the patient, and thus tickling the fauces, the patient may be made to vomit, which will be helpful. A warm bath will assist in breaking up the spasm. Give a cold sponge bath daily.

LEUCORRHœA

Use cold each day for thirty minutes to an hour in the lower dorsal and lumbar regions of the spine. Loosen up all of the tissues of the back, from the middle dorsal region to the end of the spine. See figures 10, 11, 12, 13, 14. Do not worry or exert yourself too much. Keep off the feet as much as possible. Use douches only as a cleansing agent.

LIVER, CIRRHOSIS OF

See Cirrhosis.

LIVER, CONGESTION OF

Rest in bed. Drink plenty of water and sour lemonade. Use enemas, in which there is a tablespoonful of salt to a quart of water. Alternate in the use of heat and cold, fifteen minutes for each, for an hour, on the spine from the sixth dorsal to the second lumbar vertebra. Treat in this manner twice per day. Once a day massage all the muscles of the back, as indicated in figures 9, 10, 11, 12, 13, 14. Deeply massage the abdomen, as seen in figures 17, 18. Stimulate the solar plexus, as in figure 19. Use a liquid diet and do not eat too much. In case the congestion is passive, not caused by continuous overeating, but by some other disease, we treat mostly as above, and treat the underlying cause.

LOBAR PNEUMONIA

The best of results will be obtained by the use of cold compresses. They should be rather moist. Leave each compress on the patient until the compress begins to become warm. See Cold Compress. When each compress is removed a dash of cold water on the chest will tone up the patient. If there is excitability and insomnia, a higher temper-

ature than 60 degrees may be employed for the compress.

Turn the patient on the sound side and loosen all the muscles of the back, as indicated in figures 10, 14. When the patient is lying on his back, massage the neck, both front and back, as seen in figures 4, 5, 6, 7, 8. Give deep massage over the abdomen, as seen in figures 17, 18. This will call the blood there away from the lungs. Give some massage over the chest to relax the muscles there. All of this treatment should be moderate in strength when the patient is weak. It should be given twice per day. Dr. Osler, the greatest medical authority, says that there is no specific treatment for this disease, and cautions medical doctors and others, that patients are more often damaged than helped by the promiscuous drugging that is only too prevalent. When the symptoms of pneumonia are first present it will be best to give a warm-water enema, in which a tablespoonful of salt is dissolved to a quart of the water; also a warm mustard foot bath.

When the patient is weakened and the heart is in the same condition, good whiskey may be given at intervals during the day. It is both a food and a stimulant, and if necessary from one-fourth to a pint may be given in one day. It must be given to those who have been drinking it prior to the attack

of this disease. The cold compress spoken of above is splendid in its efficacy. When the temperature is 102 degrees F. or above it should be applied every half hour. When the temperature is below that point every hour will be sufficient. The compresses should be discontinued when the temperature is at $99\frac{1}{2}$.

This compress should consist of three layers, when applied, of old linen, cut in such a manner that it will fit the entire chest, both front and back, from the neck and over the shoulders and down to the umbilicus.

The diet should be nourishing, and should consist largely of milk, soft-boiled eggs, meat juices and egg albumen. Give plenty of water, lemonade and soda water.

LOCK JAW

Tetanus

The patient should be kept as quiet as possible in bed. A darkened room is to be preferred. An ice bag should be used on the entire spine almost continuously until the patient is out of danger. The patient should be sustained in every manner possible by whiskey, brandy and nourishing food. Any wound, as puncture from a nail or injury from a toy

pistol, should receive prompt attention, as such wounds often lead to this disease. They should be incised or curetted and treated with carbolic acid or some other good germicide. A surgeon's care is the safest plan for any such wound.

LOCOMOTOR ATAXIA

Use the ice bag on the entire spine, and alternate every fifteen minutes with the use of the hot water bag for an hour. Give this treatment daily. It will promote circulation in the spinal cord. After the use of this treatment carefully massage all the muscles of the back, as indicated in figures 9, 10, 11, 12, 13, 14. Use as many of these movements as may be necessary to make the tissues pliable. Loosen up the muscles of the neck, as in figures 4, 5. The abdomen is to be massaged, as indicated in figures 17, 18. Tone up the solar plexus. See figure 19. When you use ice on the spine use heat over the solar plexus.

The lower limbs should be carefully massaged each day and the cold and hot treatment given daily. The body massage should be given three times per week.

The ataxia may be overcome in part by continued practice of fine movements. Some of these may be

executed by the patient with the limbs as he lies on his back. This serves to educate nerve centers. While we can not promise much, as far as a cure is concerned, most cases will be helped by this treatment. The earlier the treatment is begun the better. In many cases the progress of the disease may be checked. The control of the bladder and rectum may be regained, and the power of walking regained after it has been lost. A long course of treatment is necessary in most cases. When the lightning pains are present, use the cold application on the spine.

LUMBAGO

The muscles of the entire back should be thoroughly massaged, as indicated in figures 9, 10, 11, 12, 13, 14. Use as many of these movements as may be necessary. Apply cold to the lower dorsal and lumbar regions of the spine. Use this cold for fifteen minutes, then heat in the same regions for the same length of time and the cold for thirty minutes. It often helps a case of this kind to apply heavy, steady pressure to the spine when the patient is in the ventral prone position. See "Practice of Osteopathy," the third edition, by Murray, page 353.

LUNGS, CONGESTION OF

Whether this trouble is the active or passive form, that is caused by overexertion or exposure to the extremes of heat and cold, or caused by some form of heart trouble or continued lying on the back, the following treatment will relieve at once: Relax all of the tissues of the dorsal region of the spine, as indicated in figures 9, 10, 11, 12, 13, 14. Loosen the neck muscles both front and back. See figures 4, 5, 6, 7, 8. Relax all of the tissues of the chest, especial attention being given to the muscles between the ribs. To draw the blood away from the lungs to the abdomen massage the latter, as seen in figures 17, 18.

Apply the hot water bottle to the upper dorsal region of the spine. Immediate relief may be expected.

MALARIAL FEVER

Use cold and then heat on the entire spine. Use each about twenty minutes. When the cold is used the hot water bottle should be applied to the solar plexus. Until this trouble is much better it should be treated twice a day. If the patient has a chill, and you know it is coming on, you should apply cold to the entire spine and heat to the solar plexus

Treat in this manner if the patient has a chill. For this disease massage the muscles of the entire back, as seen in figures 9, 10, 11, 12, 13, 14. Loosen up the muscles of the neck, as in figures 4, 5. Deeply massage the abdomen, as indicated in figures 17, 18.

MENINGITIS, CEREBRO SPINAL

Use an ice bag, or better, use an ice coil on the head. Apply warm mustard foot baths. Place an ice bag on the spine twice per day, and use a cold sponge bath for the rest of the body. In case of vomiting, place an ice bag on the dorsal region of the spine. An enema of salt water should be taken every day, in which a tablespoonful of salt is dissolved to each quart of water. Persistently and gently loosen all the muscles of the back. See figures 9, 10, 11, 12, 13, 14. Deep massage should be used over the abdomen, as indicated in figures 17, 18. Loosen the tissues at the back of the neck, as seen in figures 4, 5.

Let the food be liquid or semi-fluid and nourishing. Have the sick-room quiet and darkened. Favorable symptoms of the disease are when the temperature falls, muscles become much less rigid and intelligence returns.

MIGRAINE

Massage with heavy pressure the tissues at the base of the brain; also the muscles of the back of the neck. See figures 4, 5. Massage the upper part of the back, as indicated by figures 9, 10, 11, 12, 13, 14. Use deep massage over the abdomen, as seen in figures 17, 18. Work over the solar plexus, as per figure 19. Use pressure on the forehead and work over the midline of the skull, as in figures 22, 23. Use heat at the junction of the neck and head and place an ice bag on the head. Nausea is often present. For this use ice on the upper dorsal region of the spine.

MENORRHAGIA

Profuse Menstrual Flow

This trouble is best treated by the use of heat in the lower dorsal, lumbar and sacral regions of the spine. This should be used each day. Massage the muscles of the spine in the same regions, severely, as seen in 10, 11, 12, 13. Elevate the foot of the bed about two inches. Keep the patient free from care, worry and excitement. Exclude all visitors. Should the patient be suffering from any blood disease, or any trouble that interferes with

its coagulability, this condition should receive special attention.

METRITIS

Inflammation of the Body of the Uterus

Cold should be applied over the lumbar and sacral regions of the spine an hour three times per day. All of the muscles of the back should be thoroughly loosened in these same regions. See figures 10, 11, 12, 13, 14. Apply a hot water bath over the lower part of the abdomen. Keep the bowels open. It will be well to use an occasional hot water enema, in which a tablespoonful of salt is used to a quart of water. Use douches only for the purpose of cleanliness. Do not be very much on the feet, but to be out of doors is a good thing.

MUSCULAR RHEUMATISM

Place a cold application on the spine, where the nerve centers are located which supply the nerve force to the part of the body where the pain is located. When the pain is well under control, heat and cold may be used on the entire spine, alternately, fifteen minutes at a time for an hour, using the cold last. Hot fomentations or cold compresses may be used directly over the muscles affected.

Massage is splendid to use on the parts affected. Also massage the entire back, as seen in figures 9, 10, 11, 12, 13, 14. See Articular Rheumatism.

MYOCARDITIS

Inflammation of the Heart Muscle

An ice bag should be used on the spine, from the second dorsal to the tenth dorsal vertebra. This should be used thirty minutes each day. If the case is a severe one the cold should be used an hour at a time, three times per day. Use a hot fomentation over the vagus nerve at the side of the neck. Keep the muscles of the back loosened up, as seen in figures 9, 10, 11, 12, 13, 14. Massage deeply over the abdomen, as in figures 17, 18. An ice bag may be used directly over the heart an hour at a time, with intermissions of ten minutes. The diet must be light.

NEPHRITIS

See Bright's Disease, both Acute and Chronic.

NEPTUNE GIRDLE

This girdle consists of a bandage of old coarse linen, large enough to cover the entire lower part

of the trunk, from the ensiform cartilage to the pubes, and long enough to reach round the trunk and enough to lap over and afford two thicknesses of the linen for the abdomen. This is wrung out of water at a temperature of 60 to 70 degrees F. It is then wrapped about the body so that the abdomen has a double covering of the material. It is then covered by another linen or flannel bandage, and the whole secured with safety pins. When these bandages are worn twenty-four hours they are changed three times in that period, and that part of the body washed with cold water each time before a fresh girdle is applied.

It will be best to boil each of these girdles used, for fifteen minutes once each day, while they are in use. This will prevent boils or other unfavorable circumstances occasioned by septic formations.

NEURALGIA

The use of cold over the spine at the point of enervation of the part affected is recommended. Use heat directly over the pain. Massage the part affected so as to loosen up all the tissues and allow the free circulation of the blood and other vital fluids. See Facial Neuralgia, Intercostal Neuralgia, Lumbago, Tic Douloureux.

NEURASTHENIA

A gentle general massage treatment is to be given each day for two weeks, and longer if the case is a severe one. Then give the treatment three times per week, reducing to one as the patient improves. Apply heat and then cold to the entire spine for fifteen minutes each time treatment is given, once per day. When you treat only three times per week increase the length of time for the use of the heat and cold to thirty minutes for each.

Have the patient take a warm bath twice per week at night, and a cold sponge bath, followed by a brisk rubbing with a coarse towel, every morning. The patient should have plenty of rest and good, nourishing food. The treatment must be administered for a long time. If there are any other diseases which cause this trouble they must have the proper treatment. Indigestion, gout, rheumatism, la grippe and malaria are often forerunners. Do not use alcohol, tea, coffee or tobacco.

NOSE BLEED

Use heat in the upper dorsal and cervical regions of the spine. In case the bleeding is obstinate, hot or cold water may be injected into the nose and the hands of the patient held above his head. Of

course most cases are very simple and will stop themselves.

OBESITY

Corpulence

A hot water bag may be used on the entire spine three times per day. If not convenient to do this that often, use the heat as often as possible. Three times a week thoroughly massage the tissues of the back, as indicated in figures 9, 10, 11, 12, 13, 14. Deeply massage the abdomen, as seen in figures 17, 18. Massage the front of the neck, as per figures 4, 6, 8. Massage over all deposits of fat with vigor, as it tends to absorption when treated in that manner.

The diet should be greatly restricted. Do not use starches, fats nor sweets. Restrict the drinking of water, and do not touch alcoholic drinks. In using the above treatment it will be found that the following diet will work well where you wish to reduce a great deal: For breakfast and supper, one soft-boiled egg and one piece of toast, and the same for dinner, with the addition of some green vegetable that grows above the ground.

In some cases very good results may be obtained by the treatment as outlined above, when it is con-

tinued for some time with regularity without very much restriction on the diet. But a person will improve much faster by restricting the diet. After the diet has been restricted for some time most persons never wish to return to the old manner of eating. They feel better without eating so much, and are really much healthier. They are able to do more and better work, both physically and mentally.

OVARIES

Inflammation Of

Carefully relax all the tissues of the back, from the middle dorsal region of the back to and including the sacral region. See figures 10, 11, 12, 13, 14. Massage the lower abdomen carefully and lift up the abdominal contents. See figures 17, 18, 20.

Place an ice bag on the spine on the lower dorsal lumbar and sacral regions; also place a hot water bottle on the lower part of the abdomen. Should there be much nausea or vomiting, place an ice bag on the upper dorsal region of the spine. The ovaries are much subject to congestion at the menstrual period. Rest is to be advised.

PARALYSIS AGITANS**Shaking Palsy**

In this disease we use cold over the entire spine, but we begin each treatment for about fifteen minutes with the application of the hot water bag. The cold is then used forty-five minutes per treatment. If at all possible we treat three times per day, as above. Massage is used once per day in overcoming the rigid muscles. Relax all the tissues of the back, as indicated in figures 9, 10, 11, 12, 13, 14. Massage the back of the neck, as in figures 4, 5. Work over the abdomen, as seen in figures 17, 18. The muscles of the limbs should also be loosened up by massaging them.

We can not hope to offer a complete cure in this disease, but its ravages may be stayed and considerable help given. Keep the kidneys and bowels active. Give salt baths twice per week. The patient should take regular exercise, but should stop before becoming very tired.

PARALYSIS

Alternate in the use of heat and cold on the entire spine every fifteen minutes for an hour twice per day. Keep up the circulation in the limbs by massage once per day, but as the case becomes better

massage only three times per week. When the massage treatment is given, go over all the tissues of the back, as seen in numbers 9, 10, 11, 12, 13, 14. Work over the abdomen, as in figures 17, 18. The back of the neck should be massaged, as in figures 4, 5.

The general health should be well looked after, for a favorable prognosis of the disease depends a great deal on this. Keep the bowels, liver, kidneys and skin active. Give a warm bath twice per week. Have the patient exercise regularly, but do not overdo it. Some light occupation in which the mind may be used will prove helpful in many cases.

The worst of cases frequently improve under this treatment, and ordinary cases return to health.

PERICARDITIS

The action of the heart needs to be quieted. Rest is imperative. Use cold over the spine from the sixth cervical to the sixth dorsal vertebra. Use this treatment twice per day for thirty minutes. An ice bag, placed directly over the heart for an hour at a time, will be very helpful. Heat may be placed over the vagus nerves in the neck for thirty minutes, three or four times per week. This quiets the heart. Massage deeply over the abdomen each

day, as indicated by figures 17, 18, and keep the tissues of the upper part of the back well loosened up. See figures 9, 10, 11, 12, 13, 14. Avoid excitement of every nature, and attend to the general health. Keep the bowels, liver and kidneys active.

PERITONITIS

Carefully relax all the tissues of the back, below the middle dorsal regions, as indicated in figures 10, 11, 12, 13, 14. Massage very gently and carefully over the abdomen. See figures 17, 18. Apply ice twice per day for an hour each time to the lower dorsal, lumbar and sacral regions of the spine. Use hot fomentations over the bowels. See Hot Fomentations. If there should be any constipation present use an enema. For the thirst use cracked ice. The diet should be liquid or semi-liquid and nourishing.

PERNICIOUS ANEMIA

Progressive

Apply heat and then cold to the entire spine, alternately, fifteen minutes at a time for an hour. Treat two or three times per day. Massage the entire body once every day. For the rest of the treatment see Anemia, and follow the directions found there.

PHARYNGITIS

Relax all tissues of the neck, both front and back, as indicated in figures 4, 5, 6, 7, 8. Massage the muscles of the upper dorsal region, as seen in figures 9, 10, 11, 12, 13, 14. Massage over the bowels. See figures 17, 18. Use a cold compress on the throat and give a hot mustard foot bath. Give a salt water enema to keep the bowels open. If excessive smoking has anything to do with the case, stop smoking. Do not use liquors. In case the disease has become chronic the general health should be built up. Exposure should be avoided. If the trouble is caused by the improper use of the voice, the patient must learn to use the voice properly. Clergymen can often improve on the manner in which they use their voice. A failure to do so often leads to this disease, which is then called clergymen's sore throat.

PHLEBITIS

Use a cold compress over the inflamed vein for an hour three times per day. On alternate days for the second treatment apply a hot fomentation. Gently massage the tissues near the vein once per day, but do not work directly over the vein. Elevate the part affected and rest. Most cases occur

in the lower limbs, when it will be well to massage the tissues of the back in the lower dorsal, lumbar and sacral regions, as indicated in figures 10, 11, 12, 13, 14. The bowels should be kept active by the use of salt-water enemas. The diet must be light. Some cases last for a month or six weeks.

PILES

See Hemorrhoids.

PLEURISY

Use heat over the upper dorsal and cervical regions of the spine. Apply a cold compress over the seat of the pain. Thoroughly relax by massage all of the tissues of the neck, as seen in figures 4, 5, 6, 7, 8. Loosen up the muscles of the back. See figures 9, 10, 11, 12, 13, 14. The abdomen should be well massaged, as seen in figures 17, 18. Give the above treatment daily. Use the heat and cold three times daily. If the case is chronic, about three times per week will be sufficient for the massage, and once per day for the use of the heat and cold. Be sure and keep the bowels open.

PNEUMONIA

See Lobar Pneumonia.

PULMONARY HEMORRHAGE

Use heat in the upper dorsal and cervical regions of the spine. Keep quiet for a time. Every case of this should be regarded as Consumption of the Lungs, which see.

PURGING

Use cold in the lower dorsal and lumbar regions of the spine. Loosen up the tissues of the back, from the middle dorsal region of the spine to the sacral region, as indicated by figures 10, 11, 12, 13, 14. Rest in bed and use a light liquid diet. If thirsty take cracked ice.

PURITUS VULVÆ

Apply ice for an hour each day to the lumbar and sacral regions of the spine. Be certain that the parts are kept absolutely clean. Loosen the muscles of the lumbar and sacral regions of the spine by massage. See figures 10, 11, 12, 13, 14. This is to be given three times per week. For palliative relief a two per cent carbolic acid poultice may be used.

QUINSY

This often begins as a case of tonsillitis, and if treated promptly, as that disease, it will not come to the stage of quinsy. See Tonsillitis.

RED NEURALGIA OF THE FEET

See Erythromelalgia.

RETINA**Congestion of Blood Vessels**

Use heat in the cervical and upper dorsal regions of the spine. See Eye.

RHEUMATIC GOUT

Use heat and then cold for half an hour each on the dorsal region of the spine. Once a day will do, but three times per day will be better. When the pain is very severe use cold at the center of the enervation of such a joint. Once per day massage the neck, as indicated in figures 4, 5. Massage the tissues of the back, as seen in figures 9, 10, 11, 12, 13, 14. The abdomen may be worked over as seen in figures 17, 18. Massage the affected joints each day. While we do not expect to reduce deformities produced by this disease, they may be stopped in their progress, and wasted cartilages and muscles built up.

In rheumatism we restrict the diet, but in this disease it is best to allow a generous diet, intended to put flesh on any person.

RHEUMATIC FEVER

See Articular Rheumatism.

RHEUMATISM, CHRONIC

Once each day apply cold and heat to the entire spine, alternately, fifteen minutes each, for an hour. If there is severe pain use cold alone at the center of enervation of the part in which there is pain. Massage the limbs. The back should be massaged, as seen in figures 9, 10, 11, 12, 13, 14. Use massage at the back of the neck, as seen in figures 4, 5. Deep massage should be given over the abdomen. See figures 17, 18. The diet will have to be more generous than is given in articular rheumatism, but we should not allow dark meats or alcoholic beverages, and the diet is to be restricted some. See Articular Rheumatism.

SALPINGITIS

Massage all of the muscles of the back, from the middle of the dorsal region to the end of the spine. Do this work carefully, relaxing all the tissues. See figures 10, 11, 12, 13, 14. Relax the tissues of the lower abdomen and lift up the abdominal contents. Work carefully and gently, as seen in figures

17, 18, 20. An ice bag is to be placed on the spine in the lower dorsal, lumbar and sacral regions. A warm application may be placed on the lower part of the abdomen. If this disease is caused by gonorrhœa we never expect a cure, but the case may be relieved some.

SCIATICA

Massage the tissues in the lower dorsal, lumbar and sacral regions of the spine, as indicated in figures 10, 11, 12, 13, 14. Relax by massaging all the tissues over the course of the sciatic nerve in the hip and limb. Use heat along the course of the nerve and place an ice bag over the lumbar and sacral regions of the spine. The massaging over the course of the nerve should be done carefully but thoroughly. See "Practice of Osteopathy," Murray.

SLEEPLESSNESS

See Insomnia.

SOLAR PLEXUS

This is sometimes referred to as the abdominal brain. When it is advisable to use cold on the spine you may use heat on the solar plexus, and when you use heat on the spine, cold may be used

on the solar plexus. When you wish to stimulate the solar plexus always use heat. For inhibition use cold.

SORE THROAT

Use a cold compress on the throat and give a warm mustard foot bath. See Cold Compress. It will help to massage all of the tissues of the neck, as indicated in figures 4, 5, 6, 7, 8. Massage the tissues of the upper part of the back. See figures 9, 10, 11, 12, 13, 14. Use deep massage of the bowels. See figures 17, 18, 20. Give a warm salt water enema in which a tablespoonful of salt has been dissolved in a quart of water. The bowels are to be kept open.

SPASMS OF LARYNX

Use cold in the cervical region. Give a warm tub bath. Relax all of the tissues of the neck, as indicated in figures 4, 5, 6, 7, 8. The muscles of the upper part of the back should be relaxed by massage. See figures 9, 10, 11, 12, 13, 14. Whenever a child has a spasm a bath in warm water will be helpful. Have the water as hot as he can endure.

SPASTIC PARAPLEGIA

Alternate in the use of cold and heat on the entire spine, using each for fifteen minutes. Treat in this manner seventy-five minutes at a treatment, using the cold last. Treat in this manner twice per day, but if the time is lacking you can make one treatment answer. Give the following massage treatment every day: Thoroughly massage all the muscles of the back, as indicated in figures 9, 10, 11, 12, 13, 14. Loosen up the muscles at the back of the neck, as seen in figures 4, 5. Work over the abdomen. See figures 17, 18. The legs should be well massaged. The bowels should be kept open. Give a salt bath about twice per week. Regular exercise should be taken, but the patient should not become too tired. It will be well to employ the mind.

SPRAINS

Massage directly over the sprain twice per day. This keeps up a good circulation. For the first twenty-four hours bathe the part at intervals in cold water. Keep the part suffering the sprain elevated, if possible. The use of the cold water helps to prevent swelling and consequent discoloration. After the first twenty-four hours you may use

hot water, but never before. Many make a mistake in this particular.

STOMACH

See Dyspepsia.

ST. VITUS' DANCE

Chorea

Cold should be used on the entire spine for thirty minutes, twice daily. Massage as follows once per day: The tissues of the whole back, as indicated in figures 9, 10, 11, 12, 13, 14. The neck region, as seen in figures 4, 5, 6, 7, 8. Massage the bowels, as in figures 17, 18. The limbs should be massaged. When the patient becomes better, treat only two or three times per week.

Do not allow the patient to lose the temper or to become excited. Be sure that there are no intestinal worms, eye strain, sexual disorders, or cause for worry. Avoid mental strains or very much muscular exertion. Attention should be given to the heart and bowels. An enema of soapsuds may be given when necessary. See Constipation.

Do not eat starches and sweets, but eat as much nourishing food as the patient can digest. Meat, eggs and fish, with plenty of green vegetables, are recommended. Take a warm bath on retiring and

a cool sponge bath on rising, followed by a brisk rub.

SUN STROKE

Promptly place the patient in an ice bath, in which there is plenty of ice. Reduce the temperature to 101 degrees F. After taking the patient from the bath and rubbing dry, loosen all spinal muscles by massage. See figures 9, 10, 11, 12, 13, 14. Relax the cervical tissues, as in figures 4, 5. Deeply massage the abdomen, as indicated in figures 17, 18, 20. If the temperature is rising again repeat the ice bath, but do not lower the temperature below 101 degrees F. An ice water enema will assist in lowering the temperature. Use an ice cap and give a liquid diet for several days. See Heat Exhaustion and note the difference in the treatment.

TACHYCARDIA

Use cold in the upper dorsal region for an hour at a time. It may be used as often as three times per day, but if the case is not very severe once per day will be sufficient. The tissues of the upper dorsal and cervical regions should be massaged three times per week. See figures 4, 5, 9, 10, 11, 12, 13, 14. Cold used directly over the heart will prove helpful.

The diet should be regulated. All articles that have a tendency to produce gas should not be used. Do not use alcohol, tea or coffee. Avoid overexertion and do not become excited.

TONSILLITIS

All of the tissues of the neck should be well relaxed by massaging them. See figures 4, 5, 6, 7, 8, 9. The upper dorsal tissues should be massaged, as seen in figures 9, 10, 11, 12, 13, 14. A cold compress should be placed on the neck. See Cold Compress. Drop a little salt water into the nostrils from a teaspoon every two or three hours. The bowels must be kept open, and for this an occasional salt water enema may be used. A tablespoonful of salt should be used in a quart of water. The diet must be light. See Quinsy.

TORTICOLLIS

Stiffneck

Thoroughly loosen the muscles of the neck by massage, as indicated in figures 4, 5, 6, 7, 8. The tissues of the back are to be massaged in the upper dorsal region. See figures 9, 10, 11, 12, 13, 14. Use cold in the cervical and upper dorsal regions for an hour each day, after which apply a cold compress.

See Cold Compress. The massage should be given daily for a time, and then three times per week.

TUBERCULAR JOINTS

Do not massage directly over the joint, but loosen the tissues above and below the joint by massage. Use cold compresses over the joint, and allow them to remain until they become warm. Then wash with cold water and apply the cold compress again. From three to a dozen may be used in a day. See Cold Compress. The diet should be generous. See Tuberculosis.

TUBERCULOSIS

See Consumption.

TYPHOID FEVER

Use heat at the base of the brain and in the back of the neck. Every day massage the muscles of the back to keep them pliable, as indicated in figures 10, 11, 12, 13, 14. Loosen up the tissues of the neck, as seen in figures 4, 5. Do not massage over the abdomen. A portion of this treatment may be given two or three times daily. It will help the patient and he will feel rested after the work. By following the above plan of treatment many of the bad effects

that follow this disease will be overcome. In some of the best hospitals of the country, where they have the greatest success in treating this disease, they use a great deal of water, both externally and internally. It not only has a good effect in reducing the temperature, but is very beneficial in its action on the nervous system, heart and kidneys. It also reduces the liability to bedsores.

In using the cold pack the patient is placed in a sheet wrung out of water at a temperature of 65 degrees F. This cold water is afterwards sprinkled on the sheet. This is continued for twenty minutes at a time. In using a cold sponge bath a piece of toweling or gauze is better than a sponge. One portion of the body is bathed and dried at a time, beginning with the head. Have the water as near ice-cold as the patient can stand it. The bath should be thoroughly given, and about twenty minutes should be consumed in giving it.

When the temperature is 102 or more the patient may be placed in the full bath with the temperature at 80 degrees. Gradually reduce this to 70 degrees. Unless the patient becomes too cold he may remain in the water fifteen minutes. Every part of the body should be covered but the head. A little stimulant and food should be given after the bath. While the patient is in the water the limbs and trunk

should be thoroughly rubbed. When the patient is removed from the bath wrap him in a sheet and cover with a blanket. Should constipation be present give an enema every third day.

The patient should occupy a well-aired and sunny room. The diet should be liquid, the principal part of which should be milk. This should be given every four hours and may be about four ounces. This milk may sometimes be flavored with a little tea, coffee or brandy. Buttermilk is a splendid substitute for milk when the milk can not be taken or is not properly digested. Allow the patient as much ice water as he wants. As much strong lemonade may be given as wanted, but use very little sugar in it. A cup of bouillon or of strained vegetable soup may be given as a change in diet. Ice cream may be given.

When the fever leaves, no solid food must be taken for ten days. Change the diet gradually, still using some milk. Carefully and gradually introduce the following diet: Mutton or chicken broth, junket, a very small piece of cream or milk toast, baked custard, strained vegetable soup, wine jelly, the soft part of three or four oysters, meat soup, thickened with egg, blanc mange, calves' foot and chicken jelly. Two or three of the above articles may be allowed daily with the milk.

UREMIA

Use heat from the middle of the dorsal region to the end of the spine. This should be used at least twice per day, while the case is severe, for an hour at a time. Massage the back, as indicated in figures 9, 10, 11, 12, 13, 14. Use deep massage over the abdomen, as seen in figures 17, 18, 20. Give warm salt water enemas, in which a tablespoonful of salt has been dissolved to each quart of water. Hot packs will help to induce sweating. See Hot Packs.

VAGINISMUS

Use cold in the lumbar and dorsal regions of the spine. Massage these regions of the back, as seen in figures 10, 11, 12, 13, 14. Keep the parts clean with a mild boric acid solution. If the case is a severe one keep perfectly quiet. In simple cases it will help to use a warm salt water douche, in which a tablespoonful of salt is used to each quart of water.

VAGINITIS

Treat as in cases of Vaginismus, which see.

VEINS, INFLAMMATION OF

See Phlebitis.

VOICE, LOSS OF

See Aphonia.

VOMITING

When you wish to stop this trouble use an ice bag on the dorsal region of the spine, from the fourth to the eighth vertebra. If the tongue is heavily coated and the stomach foul give a pint of warm water to cause vomiting and clean out the stomach. Then in most cases the vomiting will cease.

VULVITIS

For inflammation of the vulva, massage the tissues of the back in the lumbar and dorsal regions as indicated in figures 10, 11, 12, 13, 14. Use cold in the same regions of the back. The parts should be kept clean with a solution of boracic acid.

WOMEN, DISEASES OF

See Diseases of Women.

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